Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: SHARK

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

Coaches: Van Loy Dirk

Coaches: Dierckx Davy HEADCOACH

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

Event number: 1: 100M BACKSTROKE MEN 11+ Heat:1, starttime: 14:00

Heat: 1/3 Lane : 3 Athlete: VAN STEENBERGEN ARON **Q-time: 01:31:70**

PB (25m pool): 01:31.70 Nijlen 18/10/2026 **PB (50m pool):** 01:33.67 **SB:** 01:31.70 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:43.78		01:31.70	
		00:43.78		*00:47.92*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+ Heat:2, starttime: 14:03

Heat: 2/3 Lane : 7 Athlete: VAN GORP TUUR **Q-time: 01:19:15**

PB (25m pool): 01:19.15 Herentals 09/05/2026 **PB (50m pool):** 01:24.08 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:38.59		01:19.15	
		00:38.59		*00:40.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BACKSTROKE WOMEN 11+ Heat:1, starttime: 14:07

Heat: 1/3 Lane : 4 Athlete: KENIS JOSEPHINE **Q-time: 01:34:53**

PB (25m pool): 01:40.10 Heist Op Den Berg 11/01/2025 **PB (50m pool):** 01:34.53 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:48.70		01:40.10	
		00:48.70		*00:51.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 2: 100M BACKSTROKE WOMEN 11+ — Heat:2, starttime: 14:10

Heat: 2/3 Lane : 6 Athlete: VAN LOMMEL ANTHE — **Q-time: 01:17:03**

PB (25m pool): 01:17.03 Nijlen 18/10/2026 **PB (50m pool):** 01:22.25 **SB:** 01:17.03 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.22		01:17.03	
		00:37.22		*00:39.81*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BACKSTROKE WOMEN 11+ — Heat:3, starttime: 14:12

Heat: 3/3 Lane : 3 Athlete: BOVEN AXELLE — **Q-time: 01:08:00**

PB (25m pool): 01:08.00 Turnhout 01/03/2026 **PB (50m pool):** 01:11.57 **SB:** 01:08.95 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.29		01:08.00	
		00:32.29		*00:35.71*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:2, starttime: 14:16

Heat: 2/9 Lane : 6 Athlete: VAN STEENBERGEN ARON — **Q-time: 01:18:29**

PB (25m pool): 01:18.29 Nijlen 18/10/2026 **PB (50m pool):** 01:18.96 **SB:** 01:18.29 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.93		01:18.29	
		00:35.93		*00:42.36*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:4, starttime: 14:20

Heat: 4/9 Lane : 7 Athlete: SERNEELS ROAN — **Q-time: 01:09:97**

PB (25m pool): 01:09.97 Nijlen 18/10/2026 **PB (50m pool):** 01:10.76 **SB:** 01:09.97 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.77		01:09.97	
		00:32.77		*00:37.20*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:6, starttime: 14:23

Heat: 6/9 Lane : 7 Athlete: MERTENS DIETER — **Q-time: 01:02:84**

PB (25m pool): 01:02.84 Nijlen 18/10/2026 **PB (50m pool):** 01:03.65 **SB:** 01:02.84 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.68		01:02.84	
	00:30.68		*00:32.16*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:8, starttime: 14:26

Heat: 8/9 Lane : 6 Athlete: BERTELS QUILLAN — **Q-time: 00:57:11**

PB (25m pool): 00:57.11 Mol 04/10/2026 **PB (50m pool):** 01:00.72 **SB:** 00:57.11 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.63		00:57.11	
	00:26.63		*00:30.48*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:4, starttime: 14:35

Heat: 4/10 Lane : 6 Athlete: KENIS LOLA — **Q-time: 01:13:17**

PB (25m pool): 01:13.17 Nijlen 18/10/2026 **PB (50m pool):** 01:16.21 **SB:** 01:13.17 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.32		01:13.17	
	00:34.32		*00:38.85*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:6, starttime: 14:39

Heat: 6/10 Lane : 5 Athlete: DIERCKX FEMKE — **Q-time: 01:07:04**

PB (25m pool): 01:07.04 Herentals 09/05/2026 **PB (50m pool):** 01:09.07 **SB:** 01:07.96 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.95		01:07.04	
	00:31.95		*00:35.09*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:8, starttime: 14:42

Heat: 8/10 Lane : 3 Athlete: BIERINCKX MIE — **Q-time: 01:01:77**

PB (25m pool): 01:01.77 Mol 28/12/2025 **PB (50m pool):** 01:03.38 **SB:** 01:02.74 Diksmuide 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:29.40		01:01.77	
		00:29.40		*00:32.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:8, starttime: 14:42

Heat: 8/10 Lane : 5 Athlete: MERTENS FEMKE — **Q-time: 01:01:23**

PB (25m pool): 01:01.23 Antwerpen 12/10/2025 **PB (50m pool):** 01:03.08 **SB:** 01:01.37 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.07		01:01.23	
		00:29.07		*00:32.16*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:9, starttime: 14:43

Heat: 9/10 Lane : 2 Athlete: MERTENS HELENA — **Q-time: 01:00:37**

PB (25m pool): 01:00.37 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:01.70 **SB:** 01:01.97 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.88		01:00.37	
		00:28.88		*00:31.49*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M FREESTYLE MIXED 9-10 — Heat:3, starttime: 14:51

Heat: 3/3 Lane : 4 Athlete: DE BIE APOLLINE — **Q-time: 01:20:35**

PB (25m pool): 01:20.35 Nijlen 18/10/2026 **PB (50m pool):** 01:26.50 **SB:** 01:20.35 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.01		01:20.35	
		00:40.01		*00:40.34*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 6: 200M MEDLEY MEN 11+ — Heat:1, starttime: 14:54

Heat: 1/4 Lane : 5 Athlete: WILMS BRAM — **Q-time: 03:18:91**

PB (25m pool): 03:18.91 Mol 04/10/2026 **PB (50m pool):** 03:20.18 **SB:** 03:18.91 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:46.92		01:38.09		02:34.03		03:18.91
		00:46.92		*00:51.17*		*00:55.94*		*00:44.88*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:5, starttime: 15:22

Heat: 5/5 Lane : 3 Athlete: MERTENS FEMKE — **Q-time: 02:28:01**

PB (25m pool): 02:27.84 Diksmuide 01/11/2026 **PB (50m pool):** 02:32.01 **SB:** 02:27.84 Diksmuide 01/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:31.11		01:08.26		01:52.50		02:27.84
		00:31.11		*00:37.15*		*00:44.24*		*00:35.34*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+ — Heat:5, starttime: 15:34

Heat: 5/5 Lane : 7 Athlete: DIRICKX PEPIJN — **Q-time: 01:13:77**

PB (25m pool): 01:16.89 Nijlen 18/10/2026 **PB (50m pool):** no time **SB:** 01:16.89 Nijlen 18/10/2026

	25M	50M	75M	100M	
PB		00:34.74		01:16.89	
		00:34.74		*00:42.15*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:3, starttime: 15:41

Heat: 3/5 Lane : 7 Athlete: KENIS JOSEPHINE — **Q-time: 01:38:73**

PB (25m pool): 01:38.73 Nijlen 16/11/2025 **PB (50m pool):** 01:42.20 **SB:** no time

	25M	50M	75M	100M	
PB		00:46.44		01:38.73	
		00:46.44		*00:52.29*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 10: 100M BUTTERFLY MEN 11+ — Heat:1, starttime: 15:48

Heat: 1/4 Lane : 3 Athlete: WILMS BRAM — **Q-time: 01:43:78**

PB (25m pool): 01:43.78 Nijlen 18/10/2026 **PB (50m pool):** 01:46.71 **SB:** 01:43.78 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:45.04		01:43.78	
		00:45.04		*00:58.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+ — Heat:2, starttime: 15:50

Heat: 2/4 Lane : 4 Athlete: FEYEN AEDEN — **Q-time: 01:14:80**

PB (25m pool): 01:14.80 Herentals 09/05/2026 **PB (50m pool):** 01:17.84 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.41		01:14.80	
		00:32.41		*00:42.39*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+ — Heat:4, starttime: 15:53

Heat: 4/4 Lane : 6 Athlete: BERTELS QUILLAN — **Q-time: 01:04:47**

PB (25m pool): 01:04.47 Nijlen 18/10/2026 **PB (50m pool):** 01:06.19 **SB:** 01:04.47 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.22		01:04.47	
		00:29.22		*00:35.25*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 12: 100M BREASTSTROKE MIXED 9-10 — Heat:3, starttime: 16:05

Heat: 3/3 Lane : 2 Athlete: DE BIE APOLLINE — **Q-time: 01:55:84**

PB (25m pool): 01:55.84 Heist-op-den-Berg 10/01/2026 **PB (50m pool):** 01:59.47 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:54.73		01:55.84	
		00:54.73		*01:01.11*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 13: 100M MEDLEY MEN 11+ — Heat:2, starttime: 16:11

Heat: 2/8 Lane : 6 Athlete: VAN GORP TUUR — **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 13: 100M MEDLEY MEN 11+ — Heat:3, starttime: 16:13

Heat: 3/8 Lane : 4 Athlete: SERNEELS ROAN — **Q-time: 01:29:00**

PB (25m pool): 01:29.00 Arendonk 30/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:29.00	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M MEDLEY MEN 11+ — Heat:5, starttime: 16:17

Heat: 5/8 Lane : 6 Athlete: MERTENS DIETER — **Q-time: 01:15:04**

PB (25m pool): 01:15.04 Herentals 09/05/2026 **PB (50m pool):** no time **SB:** 01:16.05 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.37		01:15.04	
	00:35.37		*00:39.67*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M MEDLEY MEN 11+ — Heat:6, starttime: 16:19

Heat: 6/8 Lane : 3 Athlete: FEYEN AEDEN — **Q-time: 01:12:33**

PB (25m pool): 01:12.33 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** no time **SB:** 01:13.51 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.45		01:12.33	
	00:33.45		*00:38.88*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 13: 100M MEDLEY MEN 11+ — Heat:7, starttime: 16:20

Heat: 7/8 Lane : 3 Athlete: DIRICKX PEPIJN — **Q-time: 01:08:92**

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

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

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:5, starttime: 16:33

Heat: 5/8 Lane : 7 Athlete: KENIS LOLA — **Q-time: 01:24:34**

PB (25m pool): 01:24.34 Mol 04/10/2026 **PB (50m pool):** no time **SB:** 01:24.34 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.08		01:24.34	
	00:40.08		*00:44.26*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:6, starttime: 16:35

Heat: 6/8 Lane : 2 Athlete: DIERCKX FEMKE — **Q-time: 01:16:25**

PB (25m pool): 01:16.25 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** no time **SB:** 01:17.12 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.58		01:16.25	
	00:35.58		*00:40.67*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:6, starttime: 16:35

Heat: 6/8 Lane : 7 Athlete: VAN LOMMEL ANTHE — **Q-time: 01:17:07**

PB (25m pool): 01:17.07 Mol 04/10/2026 **PB (50m pool):** no time **SB:** 01:17.07 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.47		01:17.07	
	00:35.47		*00:41.60*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:7, starttime: 16:37

Heat: 7/8 Lane : 3 Athlete: BIERINCKX MIE — **Q-time: 01:11:09**

PB (25m pool): 01:11.09 Herentals 09/05/2026 **PB (50m pool):** no time **SB:** 01:13.84 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.49		01:11.09	
		00:32.49		*00:38.60*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:8, starttime: 16:38

Heat: 8/8 Lane : 5 Athlete: BOVEN AXELLE — **Q-time: 01:06:63**

PB (25m pool): 01:06.63 Herentals 09/05/2026 **PB (50m pool):** no time **SB:** 01:07.12 Diksmuide 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:31.34		01:06.63	
		00:31.34		*00:35.29*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:8, starttime: 16:38

Heat: 8/8 Lane : 6 Athlete: MERTENS HELENA — **Q-time: 01:08:07**

PB (25m pool): 01:07.48 Mol 08/11/2026 **PB (50m pool):** no time **SB:** 01:07.48 Mol 08/11/2026

	25 M	50 M	75 M	100 M	
PB		00:31.31		01:07.48	
		00:31.31		*00:36.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 4x50M MEDLEY MIXED 11+ — Heat:2, starttime: 16:43

Heat: 2/2 Lane : 3 Athlete: TEAM SHARK 2 — **Q-time: 02:12:29**

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

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

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 15: 4x50M MEDLEY MIXED 11+ **Heat:2, starttime: 16:43**

Heat: 2/2 Lane : 5 Athlete: TEAM SHARK 1 **Q-time: 02:02:64**

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

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

Coach feedback: