

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: KST

Coachinfo: Warming up from: 07:30 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van der Eycken Ann HEADCOACH

Coaches: Adams Sander

Coaches: Adams Jolyn

Coaches: Stabel Siegfried

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

Event number: 1: 100M BREASTSTROKE MIXED 10-9					Heat:1, starttime: 09:00
Heat: 1/2 Lane : 2 Athlete: LEYSEN MATHIJS					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 1: 100M BREASTSTROKE MIXED 10-9					Heat:1, starttime: 09:00
Heat: 1/2 Lane : 4 Athlete: ADAMS LOUISE					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 09:19
Heat: 1/6 Lane : 3 Athlete: STABEL JONATHAN					Q-time: 01:40:46
PB (25m pool): 01:40.46 Herentals 17/05/2025 PB (50m pool): 01:43.38 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.47		01:40.46	
	00:45.47 00:54.99				
					

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: KST

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 09:21
Heat: 2/6 Lane : 2 Athlete: LEYSEN JEROEN					Q-time: 01:23:84
PB (25m pool): 01:23.84 Herentals 17/05/2025					PB (50m pool): 01:25.73 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.41		01:23.84	
	00:39.41		00:44.43		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:4, starttime: 09:25
Heat: 4/6 Lane : 6 Athlete: STABEL JASPER					Q-time: 01:13:34
PB (25m pool): 01:13.34 Heist Op Den Berg 11/01/2025					PB (50m pool): 01:18.43 SB: 01:14.70 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.66		01:13.34	
	00:32.66		00:40.68		
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 09:36			
Heat: 2/5 Lane : 2 Athlete: VANGOIDSENHOVEN CARO					Q-time: 99:99:99			
PB (25m pool): no time					PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 09:36			
Heat: 2/5 Lane : 3 Athlete: VAN MECHELEN LUNA					Q-time: 04:32:85			
PB (25m pool): 04:32.85 Antwerpen 12/10/2025					PB (50m pool): no time SB: 04:32.85 Antwerpen 12/10/2025			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:59.86		02:10.86		03:24.11		04:32.85
	00:59.86		01:11.00		01:13.25		01:08.74	
								

Coach feedback:

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Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 09:41	
Heat: 3/5 Lane : 4 Athlete: VERMEERSCH DEGELIN COLETTE							Q-time: 03:49:86	
PB (25m pool): 03:43.99 Mol 28/12/2025				PB (50m pool): no time SB: 03:43.99 Mol 28/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:51.86		01:50.09		02:48.28		03:43.99
	00:51.86		00:58.23		00:58.19		00:55.71	
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 09:46	
Heat: 4/5 Lane : 5 Athlete: VAN MECHELEN ZOë							Q-time: 03:23:04	
PB (25m pool): 03:23.04 2370 Arendonk 21/12/2025				PB (50m pool): no time SB: 03:23.04 2370 Arendonk 21/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:45.14		01:36.89		no time		03:23.04
	00:45.14		00:51.75					
								

Coach feedback:

Event number: 6: 100M BACKSTROKE MIXED 10-9										Heat:1, starttime: 10:06	
Heat: 1/1 Lane : 1 Athlete: LEYSEN MATHIJS									Q-time: 99:99:99		
PB (25m pool): no time					PB (50m pool): no time SB: no time						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			no time				no time				
	no time										
											

Coach feedback:

Event number: 6: 100M BACKSTROKE MIXED 10-9							Heat:1, starttime: 10:06		
Heat: 1/1 Lane : 3 Athlete: JANSEN NICOLAS							Q-time: 01:40:60		
PB (25m pool): 01:40.60 Nijlen 16/11/2025				PB (50m pool): 01:46.08 SB: 01:40.60 Nijlen 16/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M					
PB		00:49.82		01:40.60					
	00:49.82		00:50.78						
									

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: KST

Event number: 6: 100M BACKSTROKE MIXED 10-9					Heat:1, starttime: 10:06
Heat: 1/1 Lane : 6 Athlete: JANSEN JONATHAN					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 10:26
Heat: 2/8 Lane : 4 Athlete: VANGOIDSENHOVEN CARO					Q-time: 01:43:61
PB (25m pool): 01:33.88 Mol 28/12/2025 PB (50m pool): no time SB: 01:33.88 Mol 28/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.48		01:33.88	
	00:45.48 00:48.40				
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 10:26
Heat: 2/8 Lane : 5 Athlete: VERMEERSCH DEGELIN COLETTE					Q-time: 01:45:33
PB (25m pool): 01:45.33 Turnhout 02/03/2025 PB (50m pool): 01:54.29 SB: 01:48.81 Nijlen 16/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.23		01:45.33	
	00:52.23 00:53.10				
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 10:28
Heat: 3/8 Lane : 1 Athlete: LOQUET KATO					Q-time: 01:35:00
PB (25m pool): 01:35.00 2370 Arendonk 21/12/2025 PB (50m pool): 01:46.05 SB: 01:35.00 2370 Arendonk 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.76		01:35.00	
	00:44.76 00:50.24				
					

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: KST

Event number: 7: 100M BACKSTROKE WOMEN 11+				Heat:3, starttime: 10:28	
Heat: 3/8 Lane : 3 Athlete: VAN MECHELEN LUNA				Q-time: 01:32:86	
PB (25m pool): 01:32.86 2370 Arendonk 21/12/2025				PB (50m pool): 01:38.57 SB: 01:32.86 2370 Arendonk 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.13		01:32.86	
	00:46.13		00:46.73		
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 11+				Heat:3, starttime: 10:28	
Heat: 3/8 Lane : 5 Athlete: LUKIN ARINA				Q-time: 01:34:28	
PB (25m pool): 01:26.00 Mol 28/12/2025				PB (50m pool): 01:34.28 SB: 01:26.00 Mol 28/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.04		01:26.00	
	00:42.04		00:43.96		
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 11+				Heat:6, starttime: 10:34	
Heat: 6/8 Lane : 3 Athlete: VAN MECHELEN ZOë				Q-time: 01:19:51	
PB (25m pool): 01:17.97 Mol 28/12/2025				PB (50m pool): 01:22.85 SB: 01:17.97 Mol 28/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.12		01:17.97	
	00:38.12		00:39.85		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+				Heat:1, starttime: 10:40	
Heat: 1/5 Lane : 1 Athlete: BANCIU ADAM				Q-time: 99:99:99	
PB (25m pool): no time				PB (50m pool): no time SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

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Event number: 8: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:45
Heat: 3/5 Lane : 2 Athlete: DE CLIPPELE LÉON					Q-time: 01:27:31
PB (25m pool): 01:27.31 Herentals 17/05/2025					PB (50m pool): no time SB: 01:28.69 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.00		01:27.31	
	00:43.00		00:44.31		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:45
Heat: 3/5 Lane : 6 Athlete: STABEL JONATHAN					Q-time: 01:32:09
PB (25m pool): 01:32.09 Heist Op Den Berg 11/01/2025					PB (50m pool): 01:32.85 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.41		01:32.09	
	00:45.41		00:46.68		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 10:47
Heat: 4/5 Lane : 2 Athlete: STABEL JASPER					Q-time: 01:15:16
PB (25m pool): 01:15.16 Herentals 17/05/2025					PB (50m pool): 01:16.75 SB: 01:15.68 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.75		01:15.16	
	00:36.75		00:38.41		
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:1, starttime: 11:01
Heat: 1/4 Lane : 3 Athlete: DE CLIPPELE LÉON					Q-time: 99:99:99
PB (25m pool): 01:38.82 Kalmthout 25/02/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:38.82	
	no time				
					

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: KST

Event number: 11: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 11:10
Heat: 1/2 Lane : 4 Athlete: JANSEN JONATHAN					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 11: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 11:10
Heat: 1/2 Lane : 5 Athlete: ADAMS LOUISE					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 11: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 11:12
Heat: 2/2 Lane : 1 Athlete: JANSEN NICOLAS					Q-time: 01:42:86
PB (25m pool): 01:42.86 Nijlen 16/11/2025					PB (50m pool): 01:45.80 SB: 01:42.86 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.90		01:42.86	
	00:49.90 00:52.96				
					

Coach feedback:

Event number: 12: 400M FREESTYLE WOMEN 11+						Heat:1, starttime: 11:15	
Heat: 1/6 Lane : 4 Athlete: VERMEERSCH DEGELIN COLETTE						Q-time: 06:42:80	
PB (25m pool): 06:42.80 2370 Arendonk 21/12/2025						PB (50m pool): 07:48.25 SB: 06:42.80 2370 Arendonk 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M
PB		no time		01:31.00		no time	03:15.11
	no time						
							
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5
PB		no time		no time		no time	06:42.80
							

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: KST

Event number: 12: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 11:22	
Heat: 2/6 Lane : 6 Athlete: LUKIN ARINA							Q-time: 06:14:48	
PB (25m pool): 06:14.48 Arendonk 30/11/2025				PB (50m pool): 07:17.95 SB: 06:14.48 Arendonk 30/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:22.98		no time		02:58.91
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		06:14.48
								

Coach feedback:

Event number: 13: 400M FREESTYLE MEN 11+							Heat:2, starttime: 11:59	
Heat: 2/4 Lane : 5 Athlete: LEYSEN JEROEN							Q-time: 05:12:85	
PB (25m pool): 05:12.85 2370 Arendonk 21/12/2025				PB (50m pool): 05:29.27 SB: 05:12.85 2370 Arendonk 21/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:33.89		01:13.80		no time		02:34.87
	00:33.89		00:39.91					
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:12.85
								

Coach feedback: