

PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: HOZT

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Pingnet Olivier HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:11, starttime: 09:26

Heat: 11/15 Lane : 3 Athlete: VAN BOCKSTAL YOANNA Q-time: 01:28:92

PB (50m pool): 01:28.92 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:22.71 SB: no time

	5 0 M	1 0 0 M	
PB	00:42.16	01:28.92	
	00:42.16	00:46.76	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:14, starttime: 09:32

Heat: 14/15 Lane : 3 Athlete: DE LETTER SOFIE Q-time: 01:20:22

PB (50m pool): 01:20.21 Antwerpen 21/07/2024 PB (25m pool): 01:18.77 SB: no time

	5 0 M	1 0 0 M	
PB	no time	01:20.21	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:14, starttime: 09:32

Heat: 14/15 Lane : 7 Athlete: ROMBOUTS FLOOR Q-time: 01:22:56

PB (50m pool): 01:22.56 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:20.45 SB: no time

	5 0 M	1 0 0 M	
PB	00:39.53	01:22.56	
	00:39.53	00:43.03	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:15, starttime: 09:34
Heat: 15/15 Lane : 3 Athlete: VAN DE CLOOT ELINA			Q-time: 01:16:43
PB (50m pool): 01:16.43 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:14.37 SB: no time			
	5 0 M	1 0 0 M	
PB	00:35.95	01:16.43	
	00:35.95	00:40.48	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:15, starttime: 09:34
Heat: 15/15 Lane : 5 Athlete: WILLAERT AYLA			Q-time: 01:15:99
PB (50m pool): 01:15.32 Antwerpen 28/07/2024 PB (25m pool): 01:13.70 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:15.32	
	no time		
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:3, starttime: 09:42
Heat: 3/6 Lane : 6 Athlete: KEUSTERMANS LARD			Q-time: 01:21:50
PB (50m pool): 01:21.50 Antwerp 26/01/2025 PB (25m pool): 01:20.48 SB: no time			
	5 0 M	1 0 0 M	
PB	00:38.63	01:21.50	
	00:38.63	00:42.87	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:4, starttime: 09:44
Heat: 4/6 Lane : 4 Athlete: DE VALCK THIBAUT			Q-time: 01:14:36
PB (50m pool): 01:14.27 Antwerpen 21/07/2024 PB (25m pool): 01:11.80 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:14.27	
	no time		
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:5, starttime: 09:46
Heat: 5/6 Lane : 8 Athlete: OST RYAN			Q-time: 01:14:03
PB (50m pool): 01:13.74 Zwembad Brigitte Becue Oostend 10/05/2024 PB (25m pool): 01:10.77 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:13.74	
	no time		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:7, starttime: 10:01
Heat: 7/8 Lane : 6 Athlete: WILLAERT AYLA			Q-time: 00:32:99
PB (50m pool): 00:32.05 Antwerp 21/01/2024 PB (25m pool): 00:31.46 SB: 00:33.45 Brugge 25/01/2026			
	5 0 M		
PB	00:32.05		
	00:32.05		
			

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+			Heat:6, starttime: 10:14
Heat: 6/8 Lane : 1 Athlete: DE VALCK THIBAUT			Q-time: 00:30:90
PB (50m pool): 00:26.95 Mol 26/06/2022 PB (25m pool): 00:29.09 SB: 00:30.04 Brugge 25/01/2026			
	5 0 M		
PB	00:26.95		
	00:26.95		
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:14, starttime: 10:53
Heat: 14/16 Lane : 3 Athlete: VAN BOCKSTAL YOANNA			Q-time: 00:31:87
PB (50m pool): 00:31.11 Brugge 25/01/2026 PB (25m pool): 00:30.87 SB: 00:31.11 Brugge 25/01/2026			
	5 0 M		
PB	00:31.11		
	00:31.11		
			

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:14, starttime: 10:53
Heat: 14/16 Lane : 7 Athlete: DE LETTER SOFIE			Q-time: 00:32:34
PB (50m pool): 00:32.34 Antwerpen 27/07/2025			PB (25m pool): 00:32.04 SB: 00:32.63 Brugge 25/01/2026
	5 0 M		
PB	00:32.34		
	00:32.34		
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:16, starttime: 10:56
Heat: 16/16 Lane : 4 Athlete: VAN DE CLOOT ELINA			Q-time: 00:28:17
PB (50m pool): 00:28.17 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 00:27.73 SB: 00:29.14 Brugge 25/01/2026
	5 0 M		
PB	00:28.17		
	00:28.17		
			

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+			Heat:4, starttime: 11:02
Heat: 4/10 Lane : 6 Athlete: KEUSTERMANS LARD			Q-time: 00:33:00
PB (50m pool): 00:32.38 Brugge 25/01/2026			PB (25m pool): 00:32.82 SB: 00:32.38 Brugge 25/01/2026
	5 0 M		
PB	00:32.38		
	00:32.38		
			

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+			Heat:9, starttime: 11:08
Heat: 9/10 Lane : 7 Athlete: OST RYAN			Q-time: 00:27:91
PB (50m pool): 00:27.91 Brugge 23/02/2025			PB (25m pool): 00:27.50 SB: no time
	5 0 M		
PB	00:27.91		
	00:27.91		
			

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Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 11:31	
Heat: 4/6 Lane : 6 Athlete: ROMBOUTS FLOOR							Q-time: 05:09:38	
PB (50m pool): 05:09.38 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 04:56.50 SB: no time								
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:35.66	01:14.69	01:55.00	02:34.72	03:14.29	03:54.74	04:32.68	05:09.38
	00:35.66	00:39.03	00:40.31	00:39.72	00:39.57	00:40.45	00:37.94	00:36.70
								

Coach feedback:

Event number: 9: 4x100M MEDLEY WOMEN 11+							Heat:2, starttime: 12:36	
Heat: 2/2 Lane : 3 Athlete: TEAM HOZT 1							Q-time: 04:41:72	
PB (50m pool):			PB (25m pool):			SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB								
								

Coach feedback: