

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

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

Coaches: Luyten Sjobbe HEADCOACH

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 09:11
Heat: 5/15 Lane : 7 Athlete: KEMPS AMELIA			Q-time: 01:48:38
PB (50m pool): 01:49.07 Antwerpen 13/07/2025			PB (25m pool): 01:48.38 SB: no time
	5 0 M	1 0 0 M	
PB	00:50.96	01:49.07	
	00:50.96	00:58.11	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 09:21
Heat: 9/15 Lane : 8 Athlete: ADRIAENSEN LENA			Q-time: 01:34:36
PB (50m pool): 01:38.16 Antwerpen 20/07/2025			PB (25m pool): 01:34.36 SB: no time
	5 0 M	1 0 0 M	
PB	00:44.52	01:38.16	
	00:44.52	00:53.64	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 09:26
Heat: 11/15 Lane : 5 Athlete: CEULEMANS LENA			Q-time: 01:28:87
PB (50m pool): 01:34.89 Wezenberg 05/01/2025			PB (25m pool): 01:28.87 SB: no time
	5 0 M	1 0 0 M	
PB	00:45.71	01:34.89	
	00:45.71	00:49.18	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:14, starttime: 09:32
Heat: 14/15 Lane : 1 Athlete: KEMPS ELIZE			Q-time: 01:22:59
PB (50m pool): 01:24.10 Antwerpen 20/07/2025			PB (25m pool): 01:22.28 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.25	01:24.10	
	00:39.25	00:44.85	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:2, starttime: 09:39
Heat: 2/6 Lane : 2 Athlete: MIHAILESCU STEFAN			Q-time: 01:25:63
PB (50m pool): 01:25.63 Antwerpen 13/07/2025			PB (25m pool): 01:34.84 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.39	01:25.63	
	00:40.39	00:45.24	
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:1, starttime: 09:50
Heat: 1/8 Lane : 7 Athlete: DIRIX LILY			Q-time: 00:45:94
PB (50m pool): 00:45.94 Mol 22/06/2025			PB (25m pool): no time SB: no time
	5 0 M		
PB	00:45.94		
	00:45.94		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:4, starttime: 09:56
Heat: 4/8 Lane : 4 Athlete: BAYGUNES DEFNE			Q-time: 00:35:39
PB (50m pool): 00:37.01 Kortrijk 04/05/2025			PB (25m pool): 00:35.39 SB: no time
	5 0 M		
PB	00:37.01		
	00:37.01		
			

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:6, starttime: 10:00
Heat: 6/8 Lane : 4 Athlete: VAN BAELEN YENTHE			Q-time: 00:33:32
PB (50m pool): 00:34.53 Antwerpen 13/07/2025			PB (25m pool): 00:33.32 SB: no time
	5 0 M		
PB	00:34.53		
	00:34.53		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:6, starttime: 10:00
Heat: 6/8 Lane : 8 Athlete: GEYPEN WIES			Q-time: 00:34:30
PB (50m pool): 00:36.12 SportinGenk Park 21/04/2025			PB (25m pool): 00:34.30 SB: no time
	5 0 M		
PB	00:36.12		
	00:36.12		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:8, starttime: 10:03
Heat: 8/8 Lane : 6 Athlete: SPRANGERS KATO			Q-time: 00:31:52
PB (50m pool): 00:32.86 Antwerpen 27/07/2025			PB (25m pool): 00:31.52 SB: no time
	5 0 M		
PB	00:32.86		
	00:32.86		
			

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+			Heat:5, starttime: 10:12
Heat: 5/8 Lane : 2 Athlete: VERACHTEN LOUIS			Q-time: 00:32:07
PB (50m pool): 00:33.68 Mol 22/06/2025			PB (25m pool): 00:32.07 SB: no time
	5 0 M		
PB	00:33.68		
	00:33.68		
			

Coach feedback:

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Event number: 4: 50M BACKSTROKE MEN 13+		Heat:6, starttime: 10:14
Heat: 6/8 Lane : 3 Athlete: HUYSMANS SEPPE		Q-time: 00:30:64
PB (50m pool): 00:32.62 Antwerpen 13/07/2025 PB (25m pool): 00:30.64 SB: no time		
	5 0 M	
PB	00:32.62	
	00:32.62	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:6, starttime: 10:42
Heat: 6/16 Lane : 2 Athlete: KEMPS AMELIA		Q-time: 00:42:03
PB (50m pool): 00:45.33 SportinGenk Park 21/04/2025 PB (25m pool): 00:42.03 SB: no time		
	5 0 M	
PB	00:45.33	
	00:45.33	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:14, starttime: 10:53
Heat: 14/16 Lane : 2 Athlete: GEYPEN WIES		Q-time: 00:32:32
PB (50m pool): 00:33.09 Mol 22/06/2025 PB (25m pool): 00:32.32 SB: no time		
	5 0 M	
PB	00:33.09	
	00:33.09	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:15, starttime: 10:55
Heat: 15/16 Lane : 2 Athlete: BAYGUNES DEFNE		Q-time: 00:31:45
PB (50m pool): 00:32.00 Antwerpen 13/07/2025 PB (25m pool): 00:31.27 SB: no time		
	5 0 M	
PB	00:32.00	
	00:32.00	
		

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+						Heat:16, starttime: 10:56		
Heat: 16/16 Lane : 2 Athlete: KEMPS ELIZE						Q-time: 00:30:08		
PB (50m pool): 00:31.62 SportinGenk Park 21/04/2025						PB (25m pool): 00:30.08 SB: no time		
	5 0 M							
PB	00:31.62							
	00:31.62							
								

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+						Heat:8, starttime: 11:07		
Heat: 8/10 Lane : 1 Athlete: MIHAILESCU STEFAN						Q-time: 00:28:88		
PB (50m pool): 00:30.19 Antwerpen 13/07/2025						PB (25m pool): 00:28.88 SB: no time		
	5 0 M							
PB	00:30.19							
	00:30.19							
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+						Heat:1, starttime: 11:11		
Heat: 1/6 Lane : 2 Athlete: DIRIX LILY						Q-time: 06:41:51		
PB (50m pool): no time						PB (25m pool): 06:41.51 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	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+						Heat:3, starttime: 11:25		
Heat: 3/6 Lane : 5 Athlete: CEULEMANS LENA						Q-time: 05:16:23		
PB (50m pool): 05:39.24 Antwerpen 14/07/2024						PB (25m pool): 05:16.23 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	no time	no time	no time	no time	no time	no time	no time	05:39.24
	no time							
								

Coach feedback:

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Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 11:25	
Heat: 3/6 Lane : 7 Athlete: ADRIAENSEN LENA							Q-time: 05:22:65	
PB (50m pool): 05:22.65 Antwerpen 20/07/2025				PB (25m pool): 05:25.58 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	00:37.06	01:19.11	02:01.41	02:43.59	03:25.22	04:06.46	04:46.55	05:22.65
	00:37.06	00:42.05	00:42.30	00:42.18	00:41.63	00:41.24	00:40.09	00:36.10
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 11:37	
Heat: 5/6 Lane : 3 Athlete: VAN BAELEN YENTHE							Q-time: 04:56:32	
PB (50m pool): 05:05.56 Mol 22/06/2025				PB (25m pool): 04:55.17 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	00:34.85	01:13.98	01:54.47	02:34.10	03:12.93	03:51.96	04:30.25	05:05.56
	00:34.85	00:39.13	00:40.49	00:39.63	00:38.83	00:39.03	00:38.29	00:35.31
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:6, starttime: 11:43	
Heat: 6/6 Lane : 6 Athlete: SPRANGERS KATO							Q-time: 04:39:38	
PB (50m pool): 04:51.90 Antwerpen 12/02/2023				PB (25m pool): 04:38.88 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	no time	no time	no time	no time	no time	no time	no time	04:51.90
	<i>no time</i>							
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:5, starttime: 12:13	
Heat: 5/6 Lane : 5 Athlete: HUYGENS ARNE							Q-time: 04:25:93	
PB (50m pool): 04:45.60 Mol 26/06/2022				PB (25m pool): 04:25.93SB: 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	no time	no time	no time	no time	no time	no time	no time	04:45.60
	<i>no time</i>							
								

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Event number: 9: 4x100M MEDLEY WOMEN 11+							Heat:1, starttime: 12:29	
Heat: 1/2 Lane : 3 Athlete: TEAM MOZKA 2							Q-time: 05:39:52	
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:

Event number: 9: 4x100M MEDLEY WOMEN 11+							Heat:2, starttime: 12:36	
Heat: 2/2 Lane : 7 Athlete: TEAM MOZKA 1							Q-time: 04:54:75	
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: