

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

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

Coaches: Wouters Maxim

Coaches: Moeskops Kathleen

Coaches: Dierckx Davy HEADCOACH

Coaches: Verbeek Mats

Coaches: Feyten Anne

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:7, starttime: 09:16
Heat: 7/15 Lane : 6 Athlete: KENIS JOSEPHINE			Q-time: 01:38:73
PB (50m pool): 01:44.32 Antwerpen 13/07/2025			PB (25m pool): 01:38.73 SB: no time
	5 0 M	1 0 0 M	
PB	00:48.64	01:44.32	
	00:48.64	00:55.68	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 09:19
Heat: 8/15 Lane : 1 Athlete: KENIS LOLA			Q-time: 01:36:72
PB (50m pool): 01:42.96 SportinGenk Park 11/11/2025			PB (25m pool): 01:36.72 SB: 01:42.96 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:42.96	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 09:23
Heat: 10/15 Lane : 7 Athlete: VAN LOMMEL ANTHE			Q-time: 01:32:25
PB (50m pool): 01:35.09 SportinGenk Park 11/11/2025			PB (25m pool): 01:29.61 SB: 01:35.09 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:35.09	
	no time		
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 09:26
Heat: 11/15 Lane : 1 Athlete: DIERCKX FEMKE			Q-time: 01:30:22
PB (50m pool): 01:33.72 Antwerp 02/02/2025			PB (25m pool): 01:30.22 SB: no time
	5 0 M	1 0 0 M	
PB	00:44.44	01:33.72	
	00:44.44	00:49.28	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:13, starttime: 09:30
Heat: 13/15 Lane : 2 Athlete: ERTVELDT KLAARTJE			Q-time: 01:24:17
PB (50m pool): 01:30.25 Wezenberg 03/01/2026			PB (25m pool): 01:24.17 SB: 01:30.25 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:42.09	01:30.25	
	00:42.09	00:48.16	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:14, starttime: 09:32
Heat: 14/15 Lane : 2 Athlete: BELLENS LORE			Q-time: 01:22:27
PB (50m pool): 01:24.90 Wezenberg 03/01/2026			PB (25m pool): 01:20.83 SB: 01:24.90 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:39.93	01:24.90	
	00:39.93	00:44.97	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:14, starttime: 09:32
Heat: 14/15 Lane : 4 Athlete: MERTENS FEMKE			Q-time: 01:18:65
PB (50m pool): 01:24.58 Wezenberg 05/01/2025			PB (25m pool): 01:18.65 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.42	01:24.58	
	00:39.42	00:45.16	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:14, starttime: 09:32
Heat: 14/15 Lane : 6 Athlete: DURT REINE			Q-time: 01:20:24
PB (50m pool): 01:21.19 Antwerpen 21/07/2024			PB (25m pool): 01:19.87 SB: 01:25.08 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:21.19	
	no time		
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:2, starttime: 09:39
Heat: 2/6 Lane : 4 Athlete: FEYEN AEDEN			Q-time: 01:24:61
PB (50m pool): 01:27.31 Antwerpen 13/07/2025			PB (25m pool): 01:20.36 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.23	01:27.31	
	00:40.23	00:47.08	
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:4, starttime: 09:56
Heat: 4/8 Lane : 1 Athlete: DURT REINE			Q-time: 00:36:31
PB (50m pool): 00:44.57 Kortrijk 01/05/2022			PB (25m pool): 00:36.31 SB: no time
	5 0 M		
PB	00:44.57		
	00:44.57		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:5, starttime: 09:58
Heat: 5/8 Lane : 6 Athlete: JANSSENS ELISABETH			Q-time: 00:34:83
PB (50m pool): 00:34.83 Antwerpen 27/07/2025			PB (25m pool): 00:33.91 SB: no time
	5 0 M		
PB	00:34.83		
	00:34.83		
			

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+						Heat:6, starttime: 10:00	
Heat: 6/8 Lane : 2 Athlete: BIERINCKX MIE					Q-time: 00:34:15		
PB (50m pool): 00:34.35 Wezenberg 04/01/2026						PB (25m pool): 00:34.15 SB: 00:34.35 Wezenberg 04/01/2026	
	5 0 M						
PB	00:34.35						
	00:34.35						
							

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+						Heat:7, starttime: 10:01	
Heat: 7/8 Lane : 4 Athlete: BOVEN AXELLE						Q-time: 00:32:41	
PB (50m pool): 00:32.96 Wezenberg 03/01/2026						PB (25m pool): 00:32.41 SB: 00:32.96 Wezenberg 03/01/2026	
	5 0 M						
PB	00:32.96						
	00:32.96						
							

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+						Heat:7, starttime: 10:01	
Heat: 7/8 Lane : 7 Athlete: MERTENS FEMKE						Q-time: 00:33:32	
PB (50m pool): 00:33.32 Wezenberg 03/01/2026						PB (25m pool): 00:41.16 SB: 00:33.32 Wezenberg 03/01/2026	
	5 0 M						
PB	00:33.32						
	00:33.32						
							

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+							Heat:7, starttime: 10:01	
Heat: 7/8 Lane : 8 Athlete: MERTENS HELENA							Q-time: 00:33:32	
PB (50m pool): 00:34.51 SportinGenk Park 21/04/2025							PB (25m pool): 00:33.32 SB: no time	
	5 0 M							
PB	00:34.51							
	00:34.51							
								

Coach feedback:

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Event number: 4: 50M BACKSTROKE MEN 13+										Heat:1, starttime: 10:05																					
Heat: 1/8 Lane : 3 Athlete: BELLENS PIETER																				Q-time: 00:41:90											
PB (50m pool): 00:41.90 Wezenberg 04/01/2026										PB (25m pool): 00:42.66 SB: 00:41.90 Wezenberg 04/01/2026																					
		5 0 M																													
PB		00:41.90																													
		00:41.90																													
																															

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+										Heat:5, starttime: 10:41																				
Heat: 5/16 Lane : 8 Athlete: KENIS JOSEPHINE																				Q-time: 00:45:38										
PB (50m pool): 00:46.19 Wezenberg 04/01/2026										PB (25m pool): 00:45.38 SB: 00:46.19 Wezenberg 04/01/2026																				
	5 0 M																													
PB	00:46.19																													
	00:46.19																													
																														

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+										Heat:6, starttime: 10:42																													
Heat: 6/16																				Lane : 1					Athlete: KENIS LOLA										Q-time: 00:42:35				
PB (50m pool): 00:42.35										Wezenberg 04/01/2026										PB (25m pool): 00:44.19										SB: 00:42.35					Wezenberg 04/01/2026				
		5 0 M																																					
PB		00:42.35																																					
		00:42.35																																					
																																							

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+										Heat:9, starttime: 10:47																													
Heat: 9/16																				Lane : 6					Athlete: VAN LOMMEL ANTHE										Q-time: 00:37:05				
PB (50m pool): 00:38.57										SportinGenk Park 21/04/2025										PB (25m pool): 00:37.05 SB: no time																			
	5 0 M																																						
PB	00:38.57																																						
	00:38.57																																						
																																							

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Event number: 5: 50M BUTTERFLY WOMEN 11+										Heat:12, starttime: 10:51	
Heat: 12/16 Lane : 1 Athlete: DIERCKX FEMKE										Q-time: 00:34:01	
PB (50m pool): 00:34.34 Antwerp 02/02/2025										PB (25m pool): 00:34.01 SB: no time	
	5 0 M										
PB	00:34.34										
	00:34.34										
											

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+										Heat:13, starttime: 10:52	
Heat: 13/16 Lane : 7 Athlete: BELLENS LORE										Q-time: 00:32:94	
PB (50m pool): 00:32.94 Aalst 28/06/2025										PB (25m pool): 00:33.21 SB: no time	
	5 0 M										
PB	00:32.94										
	00:32.94										
											

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+										Heat:10, starttime: 11:09	
Heat: 10/10 Lane : 7 Athlete: VERBEEK SEM										Q-time: 00:26:44	
PB (50m pool): 00:26.44 Aalst 28/06/2025										PB (25m pool): 00:26.58 SB: no time	
	5 0 M										
PB	00:26.44										
	00:26.44										
											

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+						Heat:5, starttime: 11:37		
Heat: 5/6 Lane : 8 Athlete: ERTVELDT KLAARTJE						Q-time: 05:02:31		
PB (50m pool): no time						PB (25m pool): 05:02.31 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							
								

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Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:6, starttime: 11:43	
Heat: 6/6 Lane : 2 Athlete: BOVEN AXELLE							Q-time: 04:42:82	
PB (50m pool): 04:53.47 Antwerpen 21/07/2024				PB (25m pool): 04:42.82 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	04:53.47
	<i>no time</i>							
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:6, starttime: 11:43	
Heat: 6/6 Lane : 3 Athlete: MERTENS HELENA							Q-time: 04:38:58	
PB (50m pool): 04:38.58 Antwerp 09/02/2025				PB (25m pool): 04:32.27 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	00:31.60	01:05.35	01:40.80	02:16.55	02:52.66	03:28.44	04:04.37	04:38.58
	00:31.60	00:33.75	00:35.45	00:35.75	00:36.11	00:35.78	00:35.93	00:34.21
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:6, starttime: 11:43	
Heat: 6/6 Lane : 7 Athlete: BIERINCKX MIE							Q-time: 04:47:82	
PB (50m pool): 04:52.54 Antwerpen 20/07/2025				PB (25m pool): 04:47.82 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	00:32.41	01:08.58	01:45.86	02:23.71	03:01.59	03:39.25	04:16.83	04:52.54
	00:32.41	00:36.17	00:37.28	00:37.85	00:37.88	00:37.66	00:37.58	00:35.71
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:1, starttime: 11:49	
Heat: 1/6 Lane : 4 Athlete: BELLENS PIETER							Q-time: 05:40:71	
PB (50m pool): no time			PB (25m pool): 05:40.71 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
	<i>no time</i>							
								

Coach feedback:

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Event number: 8: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:55	
Heat: 2/6 Lane : 5 Athlete: FEYEN AEDEN							Q-time: 05:20:71	
PB (50m pool): no time			PB (25m pool): 05:20.71 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: 8: 400M FREESTYLE MEN 13+							Heat:3, starttime: 12:02	
Heat: 3/6 Lane : 4 Athlete: VAN GORP TUUR							Q-time: 04:56:88	
PB (50m pool): no time			PB (25m pool): 04:56.88 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	no time
	no time							
								

Coach feedback:

Event number: 9: 4x100M MEDLEY WOMEN 11+							Heat:2, starttime: 12:36	
Heat: 2/2 Lane : 5 Athlete: TEAM SHARK 1							Q-time: 04:35:14	
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 : 6 Athlete: TEAM SHARK 2							Q-time: 04:48:63	
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: