

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

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

Coaches: Van Dyck Hanne

Coaches: Moers Greet

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 09:19
Heat: 8/15 Lane : 7 Athlete: VAN ASSCHE FIEN			Q-time: 01:36:67
PB (50m pool): 01:36.67 Antwerpen 13/07/2025			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	00:46.72	01:36.67	
	00:46.72	00:49.95	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:3, starttime: 09:42
Heat: 3/6 Lane : 3 Athlete: MARINUS BAS			Q-time: 01:20:19
PB (50m pool): 01:21.95 Wezenberg 03/01/2026			PB (25m pool): 01:20.19 SB: 01:21.95 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:38.73	01:21.95	
	00:38.73	00:43.22	
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 09:54
Heat: 3/8 Lane : 7 Athlete: VAN ASSCHE FIEN			Q-time: 00:37:34
PB (50m pool): 00:38.76 Wezenberg 03/01/2026			PB (25m pool): 00:37.34 SB: 00:38.76 Wezenberg 03/01/2026
	5 0 M		
PB	00:38.76		
	00:38.76		
			

Coach feedback:

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Event number: 4: 50M BACKSTROKE MEN 13+						Heat:2, starttime: 10:07	
Heat: 2/8 Lane : 2 Athlete: REYNIERS MATTEO						Q-time: 00:39:08	
PB (50m pool): 00:40.03 Wezenberg 03/01/2026						PB (25m pool): 00:39.08 SB: 00:40.03 Wezenberg 03/01/2026	
	5 0 M						
PB	00:40.03						
	00:40.03						
							

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+										Heat:3, starttime: 10:09	
Heat: 3/8 Lane : 2 Athlete: VERBERCKMOES JASPER										Q-time: 00:36:65	
PB (50m pool): 00:36.65 Antwerpen 13/07/2025										PB (25m pool): 00:36.75 SB: no time	
	5 0 M										
PB	00:36.65										
	00:36.65										
											

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+					Heat:4, starttime: 10:10	
Heat: 4/8 Lane : 7 Athlete: MARINUS BAS					Q-time: 00:34:69	
PB (50m pool): 00:35.41 Antwerpen 13/07/2025					PB (25m pool): 00:34.69 SB: no time	
	5 0 M					
PB	00:35.41					
	00:35.41					
						

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+					Heat:12, starttime: 10:51				
Heat: 12/16 Lane : 4 Athlete: VAN ASSCHE FIEN					Q-time: 00:33:45				
PB (50m pool): 00:34.15 Antwerpen 13/07/2025					PB (25m pool): 00:33.45 SB: no time				
	5 0 M								
PB	00:34.15								
	00:34.15								
									

Coach feedback:

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Event number: 6: 50M BUTTERFLY MEN 13+		Heat:2, starttime: 10:59
Heat: 2/10 Lane : 5 Athlete: REYNIERS MATTEO		Q-time: 00:37:80
PB (50m pool): 00:37.91 Antwerpen 13/07/2025 PB (25m pool): 00:37.80 SB: no time		
	5 0 M	
PB	00:37.91	
	00:37.91	
		

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:3, starttime: 11:00
Heat: 3/10 Lane : 4 Athlete: VERBERCKMOES JASPER		Q-time: 00:34:06
PB (50m pool): 00:34.25 Antwerpen 13/07/2025 PB (25m pool): 00:34.06 SB: no time		
	5 0 M	
PB	00:34.25	
	00:34.25	
		

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:6, starttime: 11:04
Heat: 6/10 Lane : 8 Athlete: MARINUS BAS		Q-time: 00:30:49
PB (50m pool): 00:31.65 Antwerpen 13/07/2025 PB (25m pool): 00:30.49 SB: no time		
	5 0 M	
PB	00:31.65	
	00:31.65	
		

Coach feedback: