

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

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

Coaches: Dekker Tamiko HEADCOACH

Coaches: Van Dooren Glenn

Coaches: Faes Sandra

Coaches: Blaton Joke

Coaches: Wouters Ivan

Coaches: Vanhaesebroeck Nicolas

Coaches: Neiryndck Jan

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 09:03
Heat: 2/15 Lane : 3 Athlete: VAN GINKEL KAAT			Q-time: 02:02:45
PB (50m pool): 02:05.49 Antwerpen 13/07/2025			PB (25m pool): 02:02.45 SB: no time
PB	5 0 M	1 0 0 M	
	00:58.91	02:05.49	
	00:58.91	01:06.58	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 09:03
Heat: 2/15 Lane : 7 Athlete: VAN REGEMORTER ILOUKA			Q-time: 02:06:13
PB (50m pool): no time			PB (25m pool): 02:06.13 SB: no time
PB	5 0 M	1 0 0 M	
	no time	no time	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 09:06
Heat: 3/15 Lane : 1 Athlete: VAN HASSEL FEMKE			Q-time: 01:57:95
PB (50m pool): no time			PB (25m pool): 01:57.95 SB: no time
PB	5 0 M	1 0 0 M	
	no time	no time	
	no time		
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 09:06
Heat: 3/15 Lane : 3 Athlete: VAN GINKEL LOES			Q-time: 01:57:25
PB (50m pool): 02:02.02 Antwerpen 13/07/2025			PB (25m pool): 01:57.25 SB: no time
	5 0 M	1 0 0 M	
PB	00:58.44	02:02.02	
	00:58.44	01:03.58	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 09:08
Heat: 4/15 Lane : 5 Athlete: DILLEN HANNE			Q-time: 01:51:44
PB (50m pool): 02:06.72 Antwerpen 13/07/2025			PB (25m pool): 01:51.44 SB: no time
	5 0 M	1 0 0 M	
PB	00:59.18	02:06.72	
	00:59.18	01:07.54	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 09:08
Heat: 4/15 Lane : 8 Athlete: DILLEN LOTTE			Q-time: 01:55:36
PB (50m pool): no time			PB (25m pool): 01:55.36 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 09:11
Heat: 5/15 Lane : 4 Athlete: VAN CAUWENBERGE NORAH			Q-time: 01:43:04
PB (50m pool): 01:57.31 Antwerp 02/02/2025			PB (25m pool): 01:43.04 SB: no time
	5 0 M	1 0 0 M	
PB	00:56.56	01:57.31	
	00:56.56	01:00.75	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:7, starttime: 09:16
Heat: 7/15 Lane : 8 Athlete: CLAES SIEN			Q-time: 01:39:49
PB (50m pool): 01:47.31 Antwerpen 13/07/2025			PB (25m pool): 01:39.49 SB: no time
	5 0 M	1 0 0 M	
PB	00:50.94	01:47.31	
	00:50.94	00:56.37	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 09:19
Heat: 8/15 Lane : 3 Athlete: LAUREYSENS JUTTA			Q-time: 01:35:55
PB (50m pool): 01:39.14 Olympic Pool Wezenberg, Antwer 30/07/2025			PB (25m pool): 01:35.55 SB: no time
	5 0 M	1 0 0 M	
PB	00:45.67	01:39.14	
	00:45.67	00:53.47	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 09:21
Heat: 9/15 Lane : 2 Athlete: WYNANTS FRé			Q-time: 01:34:04
PB (50m pool): 01:40.12 Antwerp 02/02/2025			PB (25m pool): 01:34.04 SB: no time
	5 0 M	1 0 0 M	
PB	00:47.40	01:40.12	
	00:47.40	00:52.72	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 09:21
Heat: 9/15 Lane : 4 Athlete: GEELEN GUUSJE			Q-time: 01:33:20
PB (50m pool): 01:33.34 Antwerpen 13/07/2025			PB (25m pool): 01:33.20 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.88	01:33.34	
	00:43.88	00:49.46	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 09:23
Heat: 10/15 Lane : 8 Athlete: CROONEN LIZE			Q-time: 01:33:08
PB (50m pool): 01:44.67 Antwerpen 13/07/2025			PB (25m pool): 01:33.08 SB: no time
	5 0 M	1 0 0 M	
PB	00:49.33	01:44.67	
	00:49.33	00:55.34	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:14, starttime: 09:32
Heat: 14/15 Lane : 8 Athlete: BASSTANIE LIENE			Q-time: 01:22:88
PB (50m pool): 01:27.09 Antwerpen 20/07/2025			PB (25m pool): 01:22.88 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.24	01:27.09	
	00:40.24	00:46.85	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:15, starttime: 09:34
Heat: 15/15 Lane : 1 Athlete: LEMBRECHTS SOPHIE			Q-time: 01:18:53
PB (50m pool): 01:23.54 Antwerpen 27/07/2025			PB (25m pool): 01:18.53 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.28	01:23.54	
	00:38.28	00:45.26	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:15, starttime: 09:34
Heat: 15/15 Lane : 2 Athlete: VINGERHOETS MADELIEF			Q-time: 01:18:02
PB (50m pool): 01:20.65 Antwerpen 21/04/2024			PB (25m pool): 01:17.51 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:20.65	
	no time		
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:2, starttime: 09:39
Heat: 2/6 Lane : 1 Athlete: THIJSBAERT NIO			Q-time: 01:28:24
PB (50m pool): 01:31.10 Antwerpen 20/07/2025			PB (25m pool): 01:28.24 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.11	01:31.10	
	00:43.11	00:47.99	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:4, starttime: 09:44
Heat: 4/6 Lane : 3 Athlete: VERDONCK STAN			Q-time: 01:17:90
PB (50m pool): 01:20.69 Antwerpen 20/07/2025			PB (25m pool): 01:17.90 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.47	01:20.69	
	00:38.47	00:42.22	
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:2, starttime: 09:52
Heat: 2/8 Lane : 8 Athlete: CROONEN LIZE			Q-time: 00:40:58
PB (50m pool): no time			PB (25m pool): 00:40.58 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 09:54
Heat: 3/8 Lane : 2 Athlete: VERMAELEN MIYA			Q-time: 00:37:34
PB (50m pool): 00:44.63 Antwerpen 16/04/2023			PB (25m pool): 00:37.34 SB: no time
	5 0 M		
PB	00:44.63		
	00:44.63		
			

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:3, starttime: 09:54
Heat: 3/8 Lane : 6 Athlete: CLAES JADE		Q-time: 00:37:34
PB (50m pool): 00:41.39 Antwerpen 13/07/2025		PB (25m pool): 00:37.34 SB: no time
	5 0 M	
PB	00:41.39	
	00:41.39	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:5, starttime: 09:58
Heat: 5/8 Lane : 5 Athlete: BASSTANIE LIENE		Q-time: 00:34:78
PB (50m pool): 00:36.42 Antwerpen 20/04/2025		PB (25m pool): 00:34.78 SB: no time
	5 0 M	
PB	00:36.42	
	00:36.42	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:6, starttime: 10:00
Heat: 6/8 Lane : 6 Athlete: SELS SOFIE		Q-time: 00:34:02
PB (50m pool): 00:35.31 Antwerpen 21/04/2024		PB (25m pool): 00:33.53 SB: no time
	5 0 M	
PB	00:35.31	
	00:35.31	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:6, starttime: 10:00
Heat: 6/8 Lane : 7 Athlete: LEMBRECHTS SOPHIE		Q-time: 00:34:24
PB (50m pool): 00:40.24 Antwerpen 15/10/2022		PB (25m pool): 00:33.86 SB: no time
	5 0 M	
PB	00:40.24	
	00:40.24	
		

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:8, starttime: 10:03
Heat: 8/8 Lane : 1 Athlete: DELIEN FLOOR		Q-time: 00:32:04
PB (50m pool): 00:33.11 Antwerpen 27/07/2025 PB (25m pool): 00:32.04 SB: no time		
	5 0 M	
PB	00:33.11	
	00:33.11	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:4, starttime: 10:10
Heat: 4/8 Lane : 5 Athlete: KEKEC SAMIR		Q-time: 00:33:13
PB (50m pool): 00:40.16 Wezenberg 08/01/2023 PB (25m pool): 00:33.13 SB: no time		
	5 0 M	
PB	00:40.16	
	00:40.16	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:7, starttime: 10:16
Heat: 7/8 Lane : 2 Athlete: VAN DOOREN WARRE		Q-time: 00:29:90
PB (50m pool): 00:31.19 Antwerpen 20/04/2025 PB (25m pool): 00:29.90 SB: no time		
	5 0 M	
PB	00:31.19	
	00:31.19	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:1, starttime: 10:34
Heat: 1/16 Lane : 3 Athlete: VAN HASSEL FEMKE		Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time		
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 10:36
Heat: 2/16 Lane : 7 Athlete: VAN REGEMORTER ILOUKA			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 10:38
Heat: 3/16 Lane : 7 Athlete: VAN GINKEL KAAT			Q-time: 00:52:07
PB (50m pool): no time PB (25m pool): 00:52.07 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 10:39
Heat: 4/16 Lane : 1 Athlete: VAN GINKEL LOES			Q-time: 00:48:77
PB (50m pool): no time PB (25m pool): 00:48.77 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 10:39
Heat: 4/16 Lane : 2 Athlete: CROONEN LIZE			Q-time: 00:46:86
PB (50m pool): 00:46.86 Antwerp 02/02/2025 PB (25m pool): 00:47.47 SB: no time			
	5 0 M		
PB	00:46.86		
	00:46.86		
			

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:4, starttime: 10:39
Heat: 4/16	Lane : 3	Athlete: DILLEN LOTTE
PB (50m pool): 00:50.42 Antwerp 02/02/2025		PB (25m pool): 00:45.77 SB: no time
	5 0 M	
PB	00:50.42	
	00:50.42	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:4, starttime: 10:39
Heat: 4/16	Lane : 4	Athlete: CLAES SIEN
PB (50m pool): no time		PB (25m pool): 00:45.44 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:5, starttime: 10:41
Heat: 5/16	Lane : 5	Athlete: DILLEN HANNE
PB (50m pool): 00:51.83 Antwerp 02/02/2025		PB (25m pool): 00:43.72 SB: no time
	5 0 M	
PB	00:51.83	
	00:51.83	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:7, starttime: 10:44
Heat: 7/16	Lane : 4	Athlete: VAN CAUWENBERGE NORAH
PB (50m pool): no time		PB (25m pool): 00:39.82 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:8, starttime: 10:45
Heat: 8/16 Lane : 3 Athlete: WYNANTS FRé		Q-time: 00:38:69
PB (50m pool): 00:42.73 Antwerp 02/02/2025		PB (25m pool): 00:38.69 SB: no time
	5 0 M	
PB	00:42.73	
	00:42.73	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:8, starttime: 10:45
Heat: 8/16 Lane : 7 Athlete: LAUREYSENS JUTTA		Q-time: 00:38:93
PB (50m pool): no time		PB (25m pool): 00:38.93 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:9, starttime: 10:47
Heat: 9/16 Lane : 8 Athlete: GEELEN GUUSJE		Q-time: 00:37:87
PB (50m pool): no time		PB (25m pool): 00:37.87 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:12, starttime: 10:51
Heat: 12/16 Lane : 3 Athlete: BASSTANIE LIENE		Q-time: 00:33:57
PB (50m pool): no time		PB (25m pool): 00:33.57 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:14, starttime: 10:53
Heat: 14/16 Lane : 1 Athlete: SELS SOFIE		Q-time: 00:32:43
PB (50m pool): 00:37.51 Antwerpen 15/10/2022 PB (25m pool): 00:32.43 SB: no time		
	5 0 M	
PB	00:37.51	
	00:37.51	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:15, starttime: 10:55		
Heat: 15/16 Lane : 4 Athlete: DELIEN FLOOR				Q-time: 00:31:09	
PB (50m pool): 00:31.41 Olympic Pool Wezenberg, Antwer 30/03/2022 PB (25m pool): 00:31.09 SB: no time					
	5 0 M				
PB	00:31.41				
	00:31.41				
					

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:2, starttime: 10:59
Heat: 2/10 Lane : 3 Athlete: GISCA DANIIL		Q-time: 00:38:16
PB (50m pool): no time		PB (25m pool): 00:38.16SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:4, starttime: 11:02
Heat: 4/10 Lane : 8 Athlete: THIJSBAERT NIO		Q-time: 00:33:80
PB (50m pool): 00:40.86 Antwerp 28/01/2024 PB (25m pool): 00:33.80SB: no time		
	5 0 M	
PB	00:40.86	
	00:40.86	
		

Coach feedback:

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Event number: 6: 50M BUTTERFLY MEN 13+										Heat:7, starttime: 11:06	
Heat: 7/10 Lane : 2 Athlete: WYNANTS WARD										Q-time: 00:29:53	
PB (50m pool): 00:38.70 Antwerpen 16/10/2022										PB (25m pool): 00:29.53 SB: no time	
	5 0 M										
PB	00:38.70										
	00:38.70										
											

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+										Heat:7, starttime: 11:06	
Heat: 7/10 Lane : 5 Athlete: KEKEC SAMIR										Q-time: 00:29:35	
PB (50m pool): 00:30.94 Antwerpen 13/07/2025										PB (25m pool): 00:29.35SB: no time	
	5 0 M										
PB	00:30.94										
	00:30.94										
											

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+						Heat:3, starttime: 11:25		
Heat: 3/6 Lane : 4 Athlete: VERMAELEN MIYA						Q-time: 05:15:50		
PB (50m pool): 05:38.21 Antwerpen 14/07/2024						PB (25m pool): 05:15.50 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	no time	no time	no time	no time	no time	no time	no time	05:38.21
	no time							
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+						Heat:6, starttime: 11:43		
Heat: 6/6 Lane : 5 Athlete: VINGERHOETS MADELIEF						Q-time: 04:37:54		
PB (50m pool): 04:49.18 Wezenberg Topsportbad, Antwerp 18/02/2025						PB (25m pool): 04:37.54 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	01:08.12	no time	02:21.79	no time	no time	no time	04:49.18
	no time							
								

Coach feedback:

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Event number: 8: 400M FREESTYLE MEN 13+							Heat:5, starttime: 12:13	
Heat: 5/6 Lane : 7 Athlete: VAN DOOREN WARRE							Q-time: 04:36:57	
PB (50m pool): 04:42.10 Antwerpen 20/07/2025 PB (25m pool): 04:36.57 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	00:31.18	01:06.43	01:42.54	02:18.98	02:55.02	03:31.52	04:07.68	04:42.10
	00:31.18	00:35.25	00:36.11	00:36.44	00:36.04	00:36.50	00:36.16	00:34.42
								

Coach feedback: