

PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: HEST

Coachinfo: Warming up from: 13:00 untill 14:00. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van Dyck Line

Coaches: Van Den Bulck Deborah HEADCOACH

PB => Personal Best time

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

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 14:18
Heat: 2/20 Lane : 2 Athlete: VETTERS GLUZA NINA			Q-time: 01:33:17
PB (50m pool): no time			PB (25m pool): 01:33.17 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 14:21
Heat: 3/20 Lane : 4 Athlete: VERBEEK FENNA			Q-time: 01:24:44
PB (50m pool): 01:26.68 Antwerpen 13/07/2025			PB (25m pool): 01:20.10 SB: 01:38.05 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	00:41.62	01:26.68	
	00:41.62	00:45.06	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:1, starttime: 15:53
Heat: 1/6 Lane : 8 Athlete: VETTERS GLUZA NINA			Q-time: 02:02:66
PB (50m pool): 02:02.66 Antwerpen 13/07/2025			PB (25m pool): 02:02.93 SB: no time
	5 0 M	1 0 0 M	
PB	00:58.88	02:02.66	
	00:58.88	01:03.78	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12		Heat:4, starttime: 16:02	
Heat: 4/6 Lane : 4 Athlete: VERBEEK FENNA			Q-time: 01:29:71
PB (50m pool): 01:35.50 Antwerpen 13/07/2025 PB (25m pool): 01:29.71 SB: no time			
	5 0 M	1 0 0 M	
PB	00:48.34	01:35.50	
	00:48.34	00:47.16	
			

Coach feedback: