

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

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

Coaches: Pingnet Olivier HEADCOACH

PB => Personal Best time

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

Event number: 10: 200M BUTTERFLY WOMEN 13+					Heat:1, starttime: 14:00
Heat: 1/2 Lane : 4 Athlete: DE LETTER SOFIE					Q-time: 03:13:10
PB (50m pool): 03:13.10 Charleroi 12/01/2025					PB (25m pool): 02:56.33 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.94	01:31.59	no time	03:13.10	
	00:41.94	00:49.65			
					

Coach feedback:

Event number: 10: 200M BUTTERFLY WOMEN 13+					Heat:2, starttime: 14:04
Heat: 2/2 Lane : 5 Athlete: VAN DE CLOOT ELINA					Q-time: 02:29:45
PB (50m pool): 02:33.13 Antwerpen 21/07/2024					PB (25m pool): 02:28.12 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:33.13	
	no time				
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:13, starttime: 14:41
Heat: 13/20 Lane : 4 Athlete: ROMBOUTS FLOOR					Q-time: 01:07:75
PB (50m pool): 01:07.75 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 01:06.66 SB: no time
	5 0 M	1 0 0 M			
PB	00:32.92	01:07.75			
	00:32.92	00:34.83			
					

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:17, starttime: 14:48
Heat: 17/20 Lane : 7 Athlete: VAN BOCKSTAL YOANNA			Q-time: 01:04:23
PB (50m pool): 01:04.23 Antwerpen 20/07/2025			PB (25m pool): 01:02.69 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.53	01:04.23	
	00:30.53	00:33.70	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:18, starttime: 14:50
Heat: 18/20 Lane : 1 Athlete: DE LETTER SOFIE			Q-time: 01:03:49
PB (50m pool): 01:03.49 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:02.32 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.10	01:03.49	
	00:30.10	00:33.39	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:19, starttime: 14:52
Heat: 19/20 Lane : 2 Athlete: WILLAERT AYLA			Q-time: 01:01:52
PB (50m pool): 00:59.62 Zwembad Brigitte Becue Oostend 10/05/2025			PB (25m pool): 00:58.48 SB: no time
	5 0 M	1 0 0 M	
PB	no time	00:59.62	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:20, starttime: 14:54
Heat: 20/20 Lane : 3 Athlete: VAN DE CLOOT ELINA			Q-time: 00:59:24
PB (50m pool): 00:59.26 Eindhoven 16/02/2025			PB (25m pool): 00:58.49 SB: no time
	5 0 M	1 0 0 M	
PB	00:28.75	00:59.26	
	00:28.75	00:30.51	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:5, starttime: 15:04
Heat: 5/12 Lane : 6 Athlete: KEUSTERMANS LARD			Q-time: 01:03:65
PB (50m pool): 01:03.62 Antwerpen 21/07/2024			PB (25m pool): 01:02.61 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:03.62	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:8, starttime: 15:09
Heat: 8/12 Lane : 4 Athlete: OST RYAN			Q-time: 00:58:53
PB (50m pool): 00:57.11 Zwembad Brigitte Becue Oostend 19/05/2025			PB (25m pool): 00:54.70 SB: no time
	5 0 M	1 0 0 M	
PB	no time	00:57.11	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:9, starttime: 15:11
Heat: 9/12 Lane : 5 Athlete: DE VALCK THIBAUT			Q-time: 00:58:08
PB (50m pool): 00:58.08 Antwerpen 20/07/2025			PB (25m pool): 00:56.09 SB: no time
	5 0 M	1 0 0 M	
PB	00:27.43	00:58.08	
	00:27.43	00:30.65	
			

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+			Heat:4, starttime: 15:37
Heat: 4/6 Lane : 5 Athlete: ROMBOUTS FLOOR			Q-time: 00:39:71
PB (50m pool): 00:39.52 Zwembad Brigitte Becue Oostend 10/05/2025			PB (25m pool): 00:38.27 SB: no time
	5 0 M		
PB	00:39.52		
	00:39.52		
			

Coach feedback:

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Event number: 14: 50M BREASTSTROKE WOMEN 13+										Heat:6, starttime: 15:40	
Heat: 6/6 Lane : 6 Athlete: WILLAERT AYLA										Q-time: 00:34:95	
PB (50m pool): 00:34.56 Zwembad Brigitte Becue Oostend 10/05/2025 PB (25m pool): 00:33.96 SB: 00:34.80 Brugge 25/01/2026											
	5 0 M										
PB	00:34.56										
	00:34.56										
											

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+							Heat:3, starttime: 15:45		
Heat: 3/8 Lane : 1 Athlete: KEUSTERMANS LARD							Q-time: 00:38:25		
PB (50m pool): 00:38.45 Brugge 25/01/2026							PB (25m pool): 00:37.74SB: 00:38.45 Brugge 25/01/2026		
	5 0 M								
PB	00:38.45								
	00:38.45								
									

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+										Heat:6, starttime: 15:49																													
Heat: 6/8																				Lane : 6					Athlete: DE VALCK THIBAUT										Q-time: 00:33:38				
PB (50m pool): 00:32.88										Brugge 25/01/2026					PB (25m pool): 00:32.30										SB: 00:32.88 Brugge 25/01/2026														
		5 0 M																																					
PB		00:32.88																																					
		00:32.88																																					
																																							

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+				Heat:7, starttime: 15:50	
Heat: 7/8 Lane : 2 Athlete: OST RYAN				Q-time: 00:32:16	
PB (50m pool): 00:32.16 Antwerpen 27/07/2025 PB (25m pool): 00:32.22SB: no time					
	5 0 M				
PB	00:32.16				
	00:32.16				
					

Coach feedback: