

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

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

Coaches: Van Dyck Nina

Coaches: De Cuyper Tibo

Coaches: Crauwels Loesje HEADCOACH

Coaches: Pieters Jana

Coaches: Cannaerts Jens

PB => Personal Best time

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

Event number: 10: 200M BUTTERFLY WOMEN 13+					Heat:2, starttime: 14:04
Heat: 2/2 Lane : 1 Athlete: FAES ELYNE					Q-time: 03:07:28
PB (50m pool): no time			PB (25m pool): 03:03.25 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	no time	
	no time				
					

Coach feedback:

Event number: 10: 200M BUTTERFLY WOMEN 13+					Heat:2, starttime: 14:04
Heat: 2/2 Lane : 4 Athlete: ROMBOUT LISA					Q-time: 02:27:75
PB (50m pool): 02:24.55 CHARLEROI 28/07/2019			PB (25m pool): 02:24.31 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	02:24.55	
	no time				
					

Coach feedback:

Event number: 11: 200M BUTTERFLY MEN 13+					Heat:1, starttime: 14:08
Heat: 1/2 Lane : 3 Athlete: SEYMUS AXEL					Q-time: 03:14:65
PB (50m pool): no time			PB (25m pool): 03:14.65 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	no time	
	no time				
					

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 14:29
Heat: 7/20 Lane : 5 Athlete: GORIS ARWEN			Q-time: 01:16:07
PB (50m pool): 01:23.18 Antwerpen 13/07/2025			PB (25m pool): 01:16.07 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.71	01:23.18	
	00:40.71	00:42.47	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 14:31
Heat: 8/20 Lane : 1 Athlete: ROZIERIS LILY			Q-time: 01:15:49
PB (50m pool): 01:19.69 Wezenberg 04/01/2026			PB (25m pool): 01:15.49 SB: 01:19.69 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:38.66	01:19.69	
	00:38.66	00:41.03	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 14:33
Heat: 9/20 Lane : 6 Athlete: NEUVILLE ALIZÉE			Q-time: 01:12:46
PB (50m pool): 01:15.41 Wezenberg 04/01/2026			PB (25m pool): 01:12.46 SB: 01:15.41 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:35.22	01:15.41	
	00:35.22	00:40.19	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 14:33
Heat: 9/20 Lane : 8 Athlete: VAN ROMPAEY LORE			Q-time: 01:13:34
PB (50m pool): 01:19.37 Antwerpen 13/07/2025			PB (25m pool): 01:13.34 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.57	01:19.37	
	00:38.57	00:40.80	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 14:35
Heat: 10/20 Lane : 6 Athlete: JANSSENS ROMY			Q-time: 01:11:58
PB (50m pool): no time			PB (25m pool): 01:11.58 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:12, starttime: 14:39
Heat: 12/20 Lane : 2 Athlete: NEUVILLE AXELLE			Q-time: 01:09:19
PB (50m pool): 01:11.96 Wezenberg 04/01/2026			PB (25m pool): 01:09.19 SB: 01:11.96 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:34.37	01:11.96	
	00:34.37	00:37.59	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:13, starttime: 14:41
Heat: 13/20 Lane : 3 Athlete: VAN DE WOUWER MYRTHE			Q-time: 01:07:98
PB (50m pool): 01:08.95 Wezenberg 04/01/2026			PB (25m pool): 01:07.98 SB: 01:08.95 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:33.35	01:08.95	
	00:33.35	00:35.60	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:13, starttime: 14:41
Heat: 13/20 Lane : 7 Athlete: VANDERWEYDEN LAURE			Q-time: 01:08:41
PB (50m pool): 01:08.93 Antwerpen 13/07/2025			PB (25m pool): 01:08.41 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.57	01:08.93	
	00:32.57	00:36.36	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:16, starttime: 14:47
Heat: 16/20 Lane : 1 Athlete: VAN ESPEN LOTTE			Q-time: 01:05:65
PB (50m pool): 01:05.65 Antwerp 09/02/2025			PB (25m pool): 01:03.11 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.71	01:05.65	
	00:31.71	00:33.94	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:20, starttime: 14:54
Heat: 20/20 Lane : 6 Athlete: ROMBOUT LISA			Q-time: 00:59:59
PB (50m pool): 00:59.70 CHARLEROI 28/07/2019			PB (25m pool): 00:59.11 SB: no time
	5 0 M	1 0 0 M	
PB	no time	00:59.70	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:1, starttime: 14:56
Heat: 1/12 Lane : 2 Athlete: PANKEN LEX			Q-time: 01:20:34
PB (50m pool): no time			PB (25m pool): 01:20.34 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:4, starttime: 15:02
Heat: 4/12 Lane : 1 Athlete: VERBEEK MATTS			Q-time: 01:07:17
PB (50m pool): 01:07.17 Wezenberg 04/01/2026			PB (25m pool): 01:07.84 SB: 01:07.17 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:32.95	01:07.17	
	00:32.95	00:34.22	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:6, starttime: 15:06
Heat: 6/12 Lane : 1 Athlete: GORIS FINN			Q-time: 01:01:59
PB (50m pool): 01:05.74 Antwerpen 13/07/2025			PB (25m pool): 01:01.59 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.20	01:05.74	
	00:32.20	00:33.54	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:7, starttime: 15:07
Heat: 7/12 Lane : 8 Athlete: ARIJS KYAN			Q-time: 01:00:41
PB (50m pool): 01:01.81 Antwerpen 13/07/2025			PB (25m pool): 01:00.41 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.06	01:01.81	
	00:30.06	00:31.75	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:9, starttime: 15:11
Heat: 9/12 Lane : 4 Athlete: BROWN QUINTEN			Q-time: 00:57:73
PB (50m pool): 00:58.60 Wezenberg 03/01/2026			PB (25m pool): 00:57.73 SB: 00:58.60 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:28.14	00:58.60	
	00:28.14	00:30.46	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:11, starttime: 15:14
Heat: 11/12 Lane : 8 Athlete: DE CUYPER LENS			Q-time: 00:56:06
PB (50m pool): 00:57.47 Antwerpen 16/07/2023			PB (25m pool): 00:55.46 SB: no time
	5 0 M	1 0 0 M	
PB	no time	00:57.47	
	no time		
			

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Event number: 14: 50M BREASTSTROKE WOMEN 13+										Heat:4, starttime: 15:37																				
Heat: 4/6 Lane : 7 Athlete: VAN DE WOUWER MYRTHE																				Q-time: 00:40:37										
PB (50m pool): 00:40.37 Wezenberg 04/01/2026										PB (25m pool): 00:45.32SB: 00:40.37 Wezenberg 04/01/2026																				
	5 0 M																													
PB	00:40.37																													
	00:40.37																													
																														

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+					Heat:6, starttime: 15:40				
Heat: 6/6 Lane : 8 Athlete: VAN DYCK NINA					Q-time: 00:36:30				
PB (50m pool): 00:34.88 Antwerpen 23/02/2020					PB (25m pool): 00:33.90SB: no time				
	5 0 M								
PB	00:34.88								
	00:34.88								
									

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+										Heat:2, starttime: 15:44																				
Heat: 2/8 Lane : 7 Athlete: PIETERS KOBE																				Q-time: 00:41:95										
PB (50m pool): 00:46.02 Wezenberg 05/01/2025																				PB (25m pool): 00:41.95SB: no time										
	5 0 M																													
PB	00:46.02																													
	00:46.02																													
																														

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+										Heat:3, starttime: 15:45																													
Heat: 3/8 Lane : 2 Athlete: SEYMUS AXEL																				Q-time: 00:37:69																			
PB (50m pool): 00:41.05 Antwerpen 20/04/2025																				PB (25m pool): 00:37.69SB: no time																			
		5 0 M																																					
PB		00:41.05																																					
		00:41.05																																					
																																							

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Event number: 15: 50M BREASTSTROKE MEN 13+			Heat:3, starttime: 15:45
Heat: 3/8 Lane : 4 Athlete: ARIJS KYAN			Q-time: 00:36:97
PB (50m pool): 00:36.97 Wezenberg 03/01/2026			PB (25m pool): 00:37.00 SB: 00:36.97 Wezenberg 03/01/2026
	5 0 M		
PB	00:36.97		
	00:36.97		
			

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+			Heat:4, starttime: 15:46
Heat: 4/8 Lane : 4 Athlete: GORIS FINN			Q-time: 00:35:77
PB (50m pool): 00:35.84 Wezenberg 03/01/2026			PB (25m pool): 00:35.77 SB: 00:35.84 Wezenberg 03/01/2026
	5 0 M		
PB	00:35.84		
	00:35.84		
			

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:3, starttime: 16:00
Heat: 3/6 Lane : 4 Athlete: JANSSENS ROMY			Q-time: 01:32:89
PB (50m pool): no time			PB (25m pool): 01:32.89 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:5, starttime: 16:05
Heat: 5/6 Lane : 5 Athlete: VAN ROMPAEY LORE			Q-time: 01:26:50
PB (50m pool): no time			PB (25m pool): 01:26.50 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:5, starttime: 16:05
Heat: 5/6 Lane : 6 Athlete: NEUVILLE ALIZÉE			Q-time: 01:26:95
PB (50m pool): 01:29.29 Wezenberg 04/01/2026			PB (25m pool): 01:26.95 SB: 01:29.29 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:43.46	01:29.29	
	00:43.46	00:45.83	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:5, starttime: 16:05
Heat: 5/6 Lane : 7 Athlete: ROZIERIS LILY			Q-time: 01:27:22
PB (50m pool): 01:32.07 Wezenberg 04/01/2026			PB (25m pool): 01:27.22 SB: 01:32.07 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:45.11	01:32.07	
	00:45.11	00:46.96	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:6, starttime: 16:08
Heat: 6/6 Lane : 1 Athlete: GORIS ARWEN			Q-time: 01:26:14
PB (50m pool): no time			PB (25m pool): 01:26.14 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:6, starttime: 16:08
Heat: 6/6 Lane : 7 Athlete: NEUVILLE AXELLE			Q-time: 01:25:59
PB (50m pool): 01:30.64 Wezenberg 04/01/2026			PB (25m pool): 01:25.59 SB: 01:30.64 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:44.63	01:30.64	
	00:44.63	00:46.01	
			

Coach feedback: