

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

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

Coaches: Stabel Siegfried

Coaches: Van der Eycken Ann

Coaches: Verrijken Valerie

Coaches: Poelmans Julie HEADCOACH

PB => Personal Best time

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

Event number: 11: 200M BUTTERFLY MEN 13+					Heat:1, starttime: 14:08
Heat: 1/2 Lane : 5 Athlete: LEYSEN JEROEN					Q-time: 03:04:91
PB (50m pool): no time			PB (25m pool): 03:04.91 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: 12: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:23
Heat: 4/20 Lane : 1 Athlete: VAN MECHELEN LUNA					Q-time: 01:24:18
PB (50m pool): 01:26.76 Wezenberg 04/01/2026			PB (25m pool): 01:24.18 SB: 01:26.76 Wezenberg 04/01/2026		
	5 0 M	1 0 0 M			
PB	00:41.14	01:26.76			
	00:41.14	00:45.62			
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:33
Heat: 9/20 Lane : 2 Athlete: VAN GESTEL FRAN					Q-time: 01:12:48
PB (50m pool): 01:15.12 Lago Kortrijk Weide 28/04/2024			PB (25m pool): 01:11.92 SB: no time		
	5 0 M	1 0 0 M			
PB	no time	01:15.12			
	no time				
					

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 14:37
Heat: 11/20 Lane : 1 Athlete: VAN MECHELEN ZOë			Q-time: 01:10:54
PB (50m pool): 01:14.62 Wezenberg 03/01/2026			PB (25m pool): 01:10.54 SB: 01:14.62 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:35.97	01:14.62	
	00:35.97	00:38.65	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 14:37
Heat: 11/20 Lane : 8 Athlete: DIERCKX ASTRID			Q-time: 01:10:79
PB (50m pool): 01:12.02 Wezenberg 04/01/2026			PB (25m pool): 01:10.79 SB: 01:12.02 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:34.69	01:12.02	
	00:34.69	00:37.33	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 14:45
Heat: 15/20 Lane : 4 Athlete: CAMPFORTS FIEN			Q-time: 01:05:70
PB (50m pool): 01:08.79 Wezenberg 03/01/2026			PB (25m pool): 01:05.70 SB: 01:08.79 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:32.81	01:08.79	
	00:32.81	00:35.98	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:16, starttime: 14:47
Heat: 16/20 Lane : 7 Athlete: LAUWERS LOTTE			Q-time: 01:05:40
PB (50m pool): 01:07.37 Antwerpen 16/04/2023			PB (25m pool): 01:05.40 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:07.37	
	no time		
			

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:17, starttime: 14:48
Heat: 17/20 Lane : 8 Athlete: LAUWERS SOFIE			Q-time: 01:04:54
PB (50m pool): 01:05.02 Wezenberg 03/01/2026			PB (25m pool): 01:04.54 SB: 01:05.02 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:31.06	01:05.02	
	00:31.06	00:33.96	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:1, starttime: 14:56
Heat: 1/12 Lane : 4 Athlete: REYMEN RHUNE			Q-time: 01:14:76
PB (50m pool): 01:14.76 Wezenberg 04/01/2026			PB (25m pool): 01:14.83 SB: 01:14.76 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:34.72	01:14.76	
	00:34.72	00:40.04	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:2, starttime: 14:58
Heat: 2/12 Lane : 7 Athlete: STABEL JONATHAN			Q-time: 01:11:14
PB (50m pool): 01:12.99 Wezenberg 04/01/2026			PB (25m pool): 01:11.14 SB: 01:12.99 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:35.57	01:12.99	
	00:35.57	00:37.42	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:4, starttime: 15:02
Heat: 4/12 Lane : 4 Athlete: LEYSEN JEROEN			Q-time: 01:05:10
PB (50m pool): 01:09.64 Antwerpen 20/07/2025			PB (25m pool): 01:05.10 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.92	01:09.64	
	00:33.92	00:35.72	
			

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:7, starttime: 15:07
Heat: 7/12 Lane : 5 Athlete: STABEL JASPER			Q-time: 00:59:61
PB (50m pool): 01:02.15 Wezenberg 03/01/2026			PB (25m pool): 00:59.61 SB: 01:02.15 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:29.84	01:02.15	
	00:29.84	00:32.31	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:11, starttime: 15:14
Heat: 11/12 Lane : 2 Athlete: SAZONOV FEDOR			Q-time: 00:55:78
PB (50m pool): 00:57.91 Antwerpen 20/04/2025			PB (25m pool): 00:56.64 SB: no time
	5 0 M	1 0 0 M	
PB	00:28.18	00:57.91	
	00:28.18	00:29.73	
			

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+			Heat:3, starttime: 15:36
Heat: 3/6 Lane : 2 Athlete: LAUWERS SOFIE			Q-time: 00:41:08
PB (50m pool): 00:41.08 Antwerpen 20/04/2025			PB (25m pool): 00:45.37 SB: no time
	5 0 M		
PB	00:41.08		
	00:41.08		
			

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+			Heat:3, starttime: 15:36
Heat: 3/6 Lane : 3 Athlete: VAN GESTEL FRAN			Q-time: 00:41:02
PB (50m pool): 00:41.02 Wezenberg 03/01/2026			PB (25m pool): 00:42.24 SB: 00:41.02 Wezenberg 03/01/2026
	5 0 M		
PB	00:41.02		
	00:41.02		
			

Coach feedback:

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Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:4, starttime: 15:37
Heat: 4/6 Lane : 8 Athlete: LAUWERS LOTTE		Q-time: 00:40:55
PB (50m pool): 00:43.19 Wezenberg 05/01/2025 PB (25m pool): 00:40.55 SB: no time		
	5 0 M	
PB	00:43.19	
	00:43.19	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:1, starttime: 15:42
Heat: 1/8 Lane : 4 Athlete: REYMEN RHUNE		Q-time: 00:45:15
PB (50m pool): 00:47.78 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:45.15 SB: no time		
	5 0 M	
PB	00:47.78	
	00:47.78	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:1, starttime: 15:42
Heat: 1/8 Lane : 6 Athlete: STABEL JONATHAN		Q-time: 00:47:69
PB (50m pool): 00:48.55 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:47.69 SB: no time		
	5 0 M	
PB	00:48.55	
	00:48.55	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:7, starttime: 15:50
Heat: 7/8 Lane : 6 Athlete: SAZONOV FEDOR		Q-time: 00:32:13
PB (50m pool): 00:32.74 Antwerp 14/04/2024 PB (25m pool): 00:32.68 SB: no time		
	5 0 M	
PB	00:32.74	
	00:32.74	
		

Coach feedback:

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Event number: 16: 100M BACKSTROKE WOMEN 11-12				Heat:6, starttime: 16:08	
Heat: 6/6 Lane : 3 Athlete: DIERCKX ASTRID				Q-time: 01:22:03	
PB (50m pool): 01:26.18 Wezenberg 04/01/2026				PB (25m pool): 01:22.03 SB: 01:26.18 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M			
PB	00:42.80	01:26.18			
	00:42.80	00:43.38			
					

Coach feedback:

Event number: 17: 400M MEDLEY MEN 13+						Heat:2, starttime: 16:17		
Heat: 2/2 Lane : 8 Athlete: STABEL JASPER						Q-time: 05:27:77		
PB (50m pool): 05:37.97 Antwerp 26/01/2025						PB (25m pool): 05:27.77 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	00:34.31	01:20.09	02:04.33	02:46.86	03:33.13	04:21.19	05:00.07	05:37.97
	00:34.31	00:45.78	00:44.24	00:42.53	00:46.27	00:48.06	00:38.88	00:37.90
								

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:1, starttime: 16:24			
Heat: 1/8 Lane : 6 Athlete: VAN MECHELEN LUNA					Q-time: 03:44:81			
PB (50m pool): 03:49.08 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 03:44.81 SB: no time			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:50.53	01:45.17	02:58.44	03:49.08				
	00:50.53	00:54.64	01:13.27	00:50.64				
								

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:3, starttime: 16:32			
Heat: 3/8 Lane : 7 Athlete: CAMPFORTS FIEN					Q-time: 02:57:23			
PB (50m pool): 02:57.23 Eindhoven 16/03/2025					PB (25m pool): 02:51.31 SB: no time			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:37.93	01:26.10	02:17.24	02:57.23				
	00:37.93	00:48.17	00:51.14	00:39.99				
								

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Event number: 18: 200M MEDLEY WOMEN 13+					Heat:3, starttime: 16:32
Heat: 3/8 Lane : 8 Athlete: VAN MECHELEN ZOë					Q-time: 02:58:96
PB (50m pool): 03:09.31 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:58.96 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.41	01:28.39	02:27.90	03:09.31	
	00:41.41	00:46.98	00:59.51	00:41.41	
					

Coach feedback:

Event number: 19: 4x100M FREESTYLE MEN 11+					Heat:2, starttime: 17:05			
Heat: 2/2 Lane : 7 Athlete: TEAM KST 1					Q-time: 04:22:50			
PB (50m pool):		PB (25m pool):			SB:			
	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								
								

Coach feedback: