

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

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

Coaches: Luyten Sjobbe HEADCOACH

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

Event number: 11: 200M BUTTERFLY MEN 13+					Heat:2, starttime: 14:12
Heat: 2/2 Lane : 7 Athlete: HUYGENS ARNE					Q-time: 02:29:12
PB (50m pool): 02:31.29 SportinGenk Park 15/03/2025					PB (25m pool): 02:27.66 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:12.69	no time	02:31.29	
	no time				
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:21
Heat: 3/20 Lane : 7 Athlete: DIRIX LILY					Q-time: 01:26:92
PB (50m pool): 01:26.92 SportinGenk Park 21/04/2025					PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M			
PB	00:40.18	01:26.92			
	00:40.18	00:46.74			
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:27
Heat: 6/20 Lane : 3 Athlete: KEMPS AMELIA					Q-time: 01:18:01
PB (50m pool): 01:23.42 Antwerpen 13/07/2025					PB (25m pool): 01:18.01 SB: no time
	5 0 M	1 0 0 M			
PB	00:39.40	01:23.42			
	00:39.40	00:44.02			
					

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 14:37
Heat: 11/20 Lane : 5 Athlete: ADRIAENSEN LENA			Q-time: 01:10:01
PB (50m pool): 01:12.44 Antwerpen 20/07/2025			PB (25m pool): 01:10.01 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.84	01:12.44	
	00:34.84	00:37.60	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:17, starttime: 14:48
Heat: 17/20 Lane : 2 Athlete: BAYGUNES DEFNE			Q-time: 01:04:23
PB (50m pool): 01:06.91 Antwerp 02/02/2025			PB (25m pool): 01:04.23 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.93	01:06.91	
	00:31.93	00:34.98	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:6, starttime: 15:06
Heat: 6/12 Lane : 4 Athlete: MIHAILESCU STEFAN			Q-time: 01:00:43
PB (50m pool): 01:03.82 Antwerpen 13/07/2025			PB (25m pool): 01:00.43 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.21	01:03.82	
	00:30.21	00:33.61	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:7, starttime: 15:07
Heat: 7/12 Lane : 6 Athlete: VERACHTEN LOUIS			Q-time: 00:59:79
PB (50m pool): 01:02.16 Antwerpen 20/07/2025			PB (25m pool): 00:59.79 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.24	01:02.16	
	00:30.24	00:31.92	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:8, starttime: 15:09
Heat: 8/12 Lane : 5 Athlete: HUYSMANS SEPPE			Q-time: 00:58:96
PB (50m pool): 01:00.73 Antwerpen 13/07/2025			PB (25m pool): 00:58.96 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.93	01:00.73	
	00:29.93	00:30.80	
			

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+			Heat:3, starttime: 15:36
Heat: 3/6 Lane : 5 Athlete: GEYPEN WIES			Q-time: 00:40:89
PB (50m pool): 00:44.00 Kortrijk 04/05/2025			PB (25m pool): 00:40.89 SB: no time
	5 0 M		
PB	00:44.00		
	00:44.00		
			

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+			Heat:5, starttime: 15:39
Heat: 5/6 Lane : 5 Athlete: KEMPS ELIZE			Q-time: 00:37:74
PB (50m pool): 00:38.63 Kortrijk 04/05/2025			PB (25m pool): 00:37.74 SB: no time
	5 0 M		
PB	00:38.63		
	00:38.63		
			

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+			Heat:4, starttime: 15:46
Heat: 4/8 Lane : 6 Athlete: HUYSMANS SEPPE			Q-time: 00:36:30
PB (50m pool): 00:39.06 Mol 22/06/2025			PB (25m pool): 00:36.30 SB: no time
	5 0 M		
PB	00:39.06		
	00:39.06		
			

Coach feedback:

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Event number: 15: 50M BREASTSTROKE MEN 13+					Heat:5, starttime: 15:48
Heat: 5/8 Lane : 1 Athlete: MIHAILESCU STEFAN					Q-time: 00:35:52
PB (50m pool): 00:42.12 Mol 23/06/2024					PB (25m pool): 00:35.52 SB: no time
	5 0 M				
PB	00:42.12				
	00:42.12				
					

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12					Heat:2, starttime: 15:57
Heat: 2/6 Lane : 5 Athlete: KEMPS AMELIA					Q-time: 01:37:86
PB (50m pool): 01:37.86 Antwerpen 13/07/2025					PB (25m pool): 01:43.81 SB: no time
	5 0 M	1 0 0 M			
PB	00:47.77	01:37.86			
	00:47.77	00:50.09			
					

Coach feedback:

Event number: 17: 400M MEDLEY MEN 13+							Heat:2, starttime: 16:17
Heat: 2/2 Lane : 5 Athlete: HUYGENS ARNE							Q-time: 05:04:34
PB (50m pool): 05:36.02 Mol 23/06/2019							PB (25m pool): 05:01.94 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 05:36.02
	no time						
							

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:4, starttime: 16:36
Heat: 4/8 Lane : 6 Athlete: ADRIAENSEN LENA					Q-time: 02:51:87
PB (50m pool): 03:00.43 Kortrijk 04/05/2025					PB (25m pool): 02:51.87 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.65	01:24.90	02:18.87	03:00.43	
	00:38.65	00:46.25	00:53.97	00:41.56	
					

Coach feedback:

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Event number: 18: 200M MEDLEY WOMEN 13+					Heat:6, starttime: 16:43
Heat: 6/8 Lane : 2 Athlete: VAN BAELEN YENTHE					Q-time: 02:42:45
PB (50m pool): 02:43.91 Antwerpen 13/07/2025					PB (25m pool): 02:42.45 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.25	01:17.11	02:05.93	02:43.91	
	00:35.25	00:41.86	00:48.82	00:37.98	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:7, starttime: 16:47
Heat: 7/8 Lane : 2 Athlete: GEYPEN WIES					Q-time: 02:38:00
PB (50m pool): 02:56.25 Kortrijk 04/05/2025					PB (25m pool): 02:38.00 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.47	01:21.22	02:16.02	02:56.25	
	00:37.47	00:43.75	00:54.80	00:40.23	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:7, starttime: 16:47
Heat: 7/8 Lane : 6 Athlete: KEMPS ELIZE					Q-time: 02:37:47
PB (50m pool): 02:40.19 Antwerp 26/01/2025					PB (25m pool): 02:37.47 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.83	01:16.08	02:04.61	02:40.19	
	00:33.83	00:42.25	00:48.53	00:35.58	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:8, starttime: 16:50
Heat: 8/8 Lane : 4 Athlete: SPRANGERS KATO					Q-time: 02:30:50
PB (50m pool): 02:33.51 Antwerpen 13/02/2022					PB (25m pool): 02:30.50 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	02:33.51	
	no time				
					

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Event number: 19: 4x100M FREESTYLE MEN 11+							Heat:2, starttime: 17:05	
Heat: 2/2 Lane : 2 Athlete: TEAM MOZKA 1							Q-time: 04:06:09	
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: