

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

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

Coaches: Van de Weyer Rune

Coaches: Fobelets Jos

Coaches: Verstappen Emma

Coaches: Mertens Wenke

Coaches: Van Olmen Jill

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 : 3 Athlete: VAN WAELDEREN THOMAS					Q-time: 02:15:61
PB (50m pool): 02:26.14 ANTWERPEN 30/07/2023					PB (25m pool): 02:15.61 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	02:26.14	
	no time				
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:14, starttime: 14:43
Heat: 14/20 Lane : 1 Athlete: FIQI ALEXIA					Q-time: 01:07:68
PB (50m pool): 01:10.20 SportinGenk Park 21/04/2025					PB (25m pool): 01:07.68 SB: no time
	5 0 M	1 0 0 M			
PB	00:33.00	01:10.20			
	00:33.00	00:37.20			
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:14, starttime: 14:43
Heat: 14/20 Lane : 3 Athlete: VAN WAELDEREN HANNE					Q-time: 01:07:01
PB (50m pool): 01:08.45 Antwerpen 14/07/2024					PB (25m pool): 01:07.01 SB: no time
	5 0 M	1 0 0 M			
PB	no time	01:08.45			
	no time				
					

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 14:45
Heat: 15/20 Lane : 5 Athlete: LAUREYS XANTE			Q-time: 01:05:76
PB (50m pool): 01:06.63 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:05.76 SB: no time			
	5 0 M	1 0 0 M	
PB	00:32.46	01:06.63	
	00:32.46	00:34.17	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 14:45
Heat: 15/20 Lane : 6 Athlete: VAN AERSCHOT NEL			Q-time: 01:06:05
PB (50m pool): 01:08.35 Eindhoven 16/03/2025 PB (25m pool): 01:06.05 SB: no time			
	5 0 M	1 0 0 M	
PB	00:32.45	01:08.35	
	00:32.45	00:35.90	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:18, starttime: 14:50
Heat: 18/20 Lane : 7 Athlete: LEMMENS FEBE			Q-time: 01:03:35
PB (50m pool): 01:04.71 Antwerp 02/02/2025 PB (25m pool): 01:03.35 SB: no time			
	5 0 M	1 0 0 M	
PB	00:30.03	01:04.71	
	00:30.03	00:34.68	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:2, starttime: 14:58
Heat: 2/12 Lane : 1 Athlete: CEUPPENS VINCE			Q-time: 01:12:92
PB (50m pool): 01:14.00 Antwerpen 13/07/2025 PB (25m pool): 01:12.92 SB: no time			
	5 0 M	1 0 0 M	
PB	00:36.64	01:14.00	
	00:36.64	00:37.36	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:2, starttime: 14:58
Heat: 2/12 Lane : 4 Athlete: CUYPERS ARTHUR			Q-time: 01:09:78
PB (50m pool): 01:11.89 Mol 22/06/2025			PB (25m pool): 01:09.78 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.36	01:11.89	
	00:34.36	00:37.53	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:5, starttime: 15:04
Heat: 5/12 Lane : 4 Athlete: VAN GEEL CIS			Q-time: 01:02:03
PB (50m pool): 01:04.19 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:02.03 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.79	01:04.19	
	00:30.79	00:33.40	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:5, starttime: 15:04
Heat: 5/12 Lane : 5 Athlete: JANSSENS TALLE			Q-time: 01:02:27
PB (50m pool): 01:02.27 Antwerpen 13/07/2025			PB (25m pool): 01:01.70 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.76	01:02.27	
	00:30.76	00:31.51	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:5, starttime: 15:04
Heat: 5/12 Lane : 8 Athlete: CEUPPENS MATS			Q-time: 01:04:27
PB (50m pool): 01:12.46 Antwerpen 14/07/2024			PB (25m pool): 01:04.27 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:12.46	
	no time		
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:9, starttime: 15:11
Heat: 9/12 Lane : 2 Athlete: GYULNAZARYAN MAX			Q-time: 00:58:22
PB (50m pool): 01:01.03 Antwerpen 20/07/2025			PB (25m pool): 00:58.22 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.52	01:01.03	
	00:29.52	00:31.51	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:9, starttime: 15:11
Heat: 9/12 Lane : 3 Athlete: SLUYTS TIBE			Q-time: 00:58:09
PB (50m pool): 01:01.80 Antwerpen 13/07/2025			PB (25m pool): 00:58.09 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.67	01:01.80	
	00:29.67	00:32.13	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:10, starttime: 15:13
Heat: 10/12 Lane : 1 Athlete: SLUYTS JENNE			Q-time: 00:57:28
PB (50m pool): 00:58.76 Antwerpen 27/07/2025			PB (25m pool): 00:57.28 SB: no time
	5 0 M	1 0 0 M	
PB	00:28.13	00:58.76	
	00:28.13	00:30.63	
			

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 15:35
Heat: 2/6 Lane : 7 Athlete: FIQI ALEXIA			Q-time: 00:44:32
PB (50m pool): 00:44.32 Antwerp 02/02/2025			PB (25m pool): no time SB: no time
	5 0 M		
PB	00:44.32		
	00:44.32		
			

Coach feedback:

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Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:5, starttime: 15:39
Heat: 5/6 Lane : 7 Athlete: VAN ROOSBROECK YUNA		Q-time: 00:39:10
PB (50m pool): 00:41.10 Mol 22/06/2025 PB (25m pool): 00:39.10 SB: no time		
	5 0 M	
PB	00:41.10	
	00:41.10	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:1, starttime: 15:42
Heat: 1/8 Lane : 8 Athlete: CEUPPENS VINCE		Q-time: 00:52:19
PB (50m pool): 00:52.19 Mol 22/06/2025 PB (25m pool): no time SB: no time		
	5 0 M	
PB	00:52.19	
	00:52.19	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:2, starttime: 15:44
Heat: 2/8 Lane : 4 Athlete: CEUPPENS MATS		Q-time: 00:39:37
PB (50m pool): 00:45.68 Mol 23/06/2024 PB (25m pool): 00:39.37 SB: no time		
	5 0 M	
PB	00:45.68	
	00:45.68	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:3, starttime: 15:45
Heat: 3/8 Lane : 6 Athlete: VAN GEEL CIS		Q-time: 00:37:51
PB (50m pool): 00:39.80 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:37.51 SB: no time		
	5 0 M	
PB	00:39.80	
	00:39.80	
		

Coach feedback:

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Event number: 15: 50M BREASTSTROKE MEN 13+										Heat:4, starttime: 15:46	
Heat: 4/8 Lane : 5 Athlete: JANSSENS TALLE										Q-time: 00:35:80	
PB (50m pool): 00:38.15 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:35.80 SB: no time											
	5 0 M										
PB	00:38.15										
	00:38.15										
											

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+										Heat:4, starttime: 15:46	
Heat: 4/8 Lane : 8 Athlete: LAUREYS MILAN										Q-time: 00:36:70	
PB (50m pool): 00:37.59 Antwerp 02/02/2025										PB (25m pool): 00:36.70 SB: no time	
	5 0 M										
PB	00:37.59										
	00:37.59										
											

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+										Heat:8, starttime: 15:52	
Heat: 8/8 Lane : 1 Athlete: VAN WAELDEREN THOMAS										Q-time: 00:31:12	
PB (50m pool): 00:32.31 Antwerpen 14/07/2024										PB (25m pool): 00:31.12 SB: no time	
	5 0 M										
PB	00:32.31										
	00:32.31										
											

Coach feedback:

Event number: 17: 400M MEDLEY MEN 13+							Heat:2, starttime: 16:17	
Heat: 2/2 Lane : 7 Athlete: GYULNAZARYAN MAX							Q-time: 05:18:96	
PB (50m pool): no time			PB (25m pool): 05:18.96SB: 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	no time
	no time							
								

Coach feedback:

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Event number: 18: 200M MEDLEY WOMEN 13+					Heat:4, starttime: 16:36
Heat: 4/8 Lane : 3 Athlete: VAN ROOSBROECK YUNA					Q-time: 02:51:13
PB (50m pool): 03:03.82 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:51.13 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.46	01:33.80	02:25.42	03:03.82	
	00:45.46	00:48.34	00:51.62	00:38.40	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:4, starttime: 16:36
Heat: 4/8 Lane : 4 Athlete: LAUREYS XANTE					Q-time: 02:50:82
PB (50m pool): 02:56.65 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:50.82 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.94	01:25.05	02:20.23	02:56.65	
	00:39.94	00:45.11	00:55.18	00:36.42	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:6, starttime: 16:43
Heat: 6/8 Lane : 3 Athlete: LEMMENS FEBE					Q-time: 02:41:49
PB (50m pool): 02:47.36 Antwerpen 20/07/2025 PB (25m pool): 02:41.49 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.47	01:17.24	02:08.68	02:47.36	
	00:34.47	00:42.77	00:51.44	00:38.68	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:6, starttime: 16:43
Heat: 6/8 Lane : 6 Athlete: VAN AERSCHOT NEL					Q-time: 02:41:88
PB (50m pool): 02:48.18 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:41.88 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.77	01:16.17	02:07.46	02:48.18	
	00:33.77	00:42.40	00:51.29	00:40.72	
					

Coach feedback:

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Event number: 18: 200M MEDLEY WOMEN 13+					Heat:6, starttime: 16:43
Heat: 6/8 Lane : 7 Athlete: VAN WAELDEREN HANNE					Q-time: 02:43:11
PB (50m pool): 02:44.51 Antwerpen 13/07/2025					PB (25m pool): 02:43.11 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.10	01:20.21	02:06.84	02:44.51	
	00:36.10	00:44.11	00:46.63	00:37.67	
					

Coach feedback:

Event number: 19: 4x100M FREESTYLE MEN 11+							Heat:2, starttime: 17:05
Heat: 2/2 Lane : 5 Athlete: TEAM WST 2							Q-time: 03:58:45
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: