

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

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

Coaches: Van Dyck Hanne

Coaches: Moers Greet

PB => Personal Best time

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

Event number: 12: 100M FREESTYLE WOMEN 11+ Heat:13, starttime: 14:41

Heat: 13/20 Lane : 2 Athlete: VAN ASSCHE FIEN Q-time: 01:08:16

PB (50m pool): 01:09.99 Antwerp 02/02/2025 PB (25m pool): 01:08.16 SB: no time

	5 0 M	1 0 0 M	
PB	00:34.08	01:09.99	
	00:34.08	00:35.91	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+ Heat:3, starttime: 15:00

Heat: 3/12 Lane : 4 Athlete: VERBERCKMOES JASPER Q-time: 01:07:59

PB (50m pool): 01:06.22 Wezenberg 03/01/2026 PB (25m pool): 01:08.65 SB: 01:06.22 Wezenberg 03/01/2026

	5 0 M	1 0 0 M	
PB	00:31.57	01:06.22	
	00:31.57	00:34.65	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+ Heat:4, starttime: 15:02

Heat: 4/12 Lane : 5 Athlete: REYNIERS MATTEO Q-time: 01:06:51

PB (50m pool): 01:09.20 Antwerpen 13/07/2025 PB (25m pool): 01:06.51 SB: no time

	5 0 M	1 0 0 M	
PB	00:33.62	01:09.20	
	00:33.62	00:35.58	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+										Heat:7, starttime: 15:07	
Heat: 7/12 Lane : 7 Athlete: MARINUS BAS										Q-time: 00:59:88	
PB (50m pool): 01:01.64 Antwerpen 13/07/2025										PB (25m pool): 00:59.88 SB: no time	
	5 0 M		1 0 0 M								
PB	00:29.87		01:01.64								
	00:29.87		00:31.77								
											

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+										Heat:3, starttime: 15:36	
Heat: 3/6 Lane : 1 Athlete: VAN ASSCHE FIEN										Q-time: 00:41:70	
PB (50m pool): no time										PB (25m pool): 00:41.70 SB: no time	
	5 0 M										
PB	no time										
	no time										
											

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+										Heat:2, starttime: 15:44																				
Heat: 2/8 Lane : 6 Athlete: VERBERCKMOES JASPER																				Q-time: 00:40:05										
PB (50m pool): 00:40.05 Wezenberg 03/01/2026										PB (25m pool): 00:40.05 SB: 00:40.05 Wezenberg 03/01/2026																				
	5 0 M																													
PB	00:40.05																													
	00:40.05																													
																														

Coach feedback:

Event number: 19: 4x100M FREESTYLE MEN 11+						Heat:1, starttime: 16:59		
Heat: 1/2 Lane : 4 Athlete: TEAM ZALM 1						Q-time: 04:37:36		
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: