

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: HOZT

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Pingnet Olivier HEADCOACH

PB => Personal Best time

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

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:3, starttime: 09:05
Heat: 3/7 Lane : 6 Athlete: KEUSTERMANS LARD			Q-time: 01:12:33
PB (50m pool): 01:12.33 Eindhoven 16/02/2025			PB (25m pool): 01:11.78 SB: 01:16.72 Charleroi 11/01/2026
	5 0 M	1 0 0 M	
PB	00:33.23	01:12.33	
	00:33.23	00:39.10	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:4, starttime: 09:07
Heat: 4/7 Lane : 4 Athlete: DE VALCK THIBAUT			Q-time: 01:08:60
PB (50m pool): 01:08.60 Charleroi 11/01/2026			PB (25m pool): 01:08.42 SB: 01:08.60 Charleroi 11/01/2026
	5 0 M	1 0 0 M	
PB	00:30.35	01:08.60	
	00:30.35	00:38.25	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:6, starttime: 09:10
Heat: 6/7 Lane : 8 Athlete: OST RYAN			Q-time: 01:03:67
PB (50m pool): 01:05.89 Zwembad Brigitte Becue Oostend 10/05/2025			PB (25m pool): 01:03.67 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:05.89	
	no time		
			

Coach feedback:

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Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:3, starttime: 09:19
Heat: 3/6 Lane : 7 Athlete: DE LETTER SOFIE			Q-time: 01:19:34
PB (50m pool): 01:16.90 Zwembad Brigitte Becue Oostend 10/05/2025 PB (25m pool): 01:15.07 SB: 01:20.46 Charleroi 11/01/2026			
	5 0 M	1 0 0 M	
PB	no time	01:16.90	
	no time		
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:4, starttime: 09:21
Heat: 4/6 Lane : 7 Athlete: ROMBOUTS FLOOR			Q-time: 01:16:31
PB (50m pool): 01:16.31 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:15.16 SB: no time			
	5 0 M	1 0 0 M	
PB	00:35.99	01:16.31	
	00:35.99	00:40.32	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:5, starttime: 09:23
Heat: 5/6 Lane : 3 Athlete: VAN BOCKSTAL YOANNA			Q-time: 01:10:26
PB (50m pool): 01:10.26 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:10.27 SB: 01:15.32 Charleroi 11/01/2026			
	5 0 M	1 0 0 M	
PB	00:32.60	01:10.26	
	00:32.60	00:37.66	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:6, starttime: 09:25
Heat: 6/6 Lane : 3 Athlete: WILLAERT AYLA			Q-time: 01:07:30
PB (50m pool): 01:07.30 Antwerp 09/02/2025 PB (25m pool): 01:05.95 SB: 01:11.14 Charleroi 11/01/2026			
	5 0 M	1 0 0 M	
PB	00:31.15	01:07.30	
	00:31.15	00:36.15	
			

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:3, starttime: 09:44
Heat: 3/6 Lane : 2 Athlete: ROMBOUTS FLOOR					Q-time: 02:45:64
PB (50m pool): 02:45.64 Antwerpen 13/07/2025					PB (25m pool): 02:40.56 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.37	01:20.83	02:04.85	02:45.64	
	00:38.37	00:42.46	00:44.02	00:40.79	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:4, starttime: 09:48
Heat: 4/6 Lane : 1 Athlete: VAN BOCKSTAL YOANNA					Q-time: 02:40:78
PB (50m pool): 02:40.78 Antwerpen 20/07/2025					PB (25m pool): 02:34.62 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.48	01:17.55	01:59.51	02:40.78	
	00:36.48	00:41.07	00:41.96	00:41.27	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:6, starttime: 09:56
Heat: 6/6 Lane : 7 Athlete: WILLAERT AYLA					Q-time: 02:31:00
PB (50m pool): 02:29.39 Antwerp 21/01/2024					PB (25m pool): 02:24.97 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	02:29.39	
	no time				
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:2, starttime: 10:04
Heat: 2/5 Lane : 5 Athlete: KEUSTERMANS LARD					Q-time: 02:39:13
PB (50m pool): 02:39.13 Charleroi 12/01/2025					PB (25m pool): 02:31.06 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.92	01:18.68	02:00.33	02:39.13	
	00:37.92	00:40.76	00:41.65	00:38.80	
					

Coach feedback:

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Event number: 24: 200M BACKSTROKE MEN 13+					Heat:4, starttime: 10:12
Heat: 4/5 Lane : 5 Athlete: DE VALCK THIBAUT					Q-time: 02:22:17
PB (50m pool): 02:22.17 Antwerpen 20/07/2025					PB (25m pool): 02:19.45 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.60	01:09.42	01:45.31	02:22.17	
	00:33.60	00:35.82	00:35.89	00:36.86	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:5, starttime: 10:16
Heat: 5/5 Lane : 7 Athlete: OST RYAN					Q-time: 02:16:05
PB (50m pool): 02:21.02 Antwerpen 21/04/2024					PB (25m pool): 02:16.05 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	02:21.02	
	no time				
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:10, starttime: 11:16
Heat: 10/10 Lane : 7 Athlete: DE LETTER SOFIE					Q-time: 02:13:66
PB (50m pool): 02:21.63 Antwerpen 21/07/2024					PB (25m pool): 02:13.66 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	02:21.63	
	no time				
					

Coach feedback: