

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

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

Coaches: Van Dyck Nina

Coaches: De Cuyper Tibo

Coaches: Crauwels Loesje HEADCOACH

Coaches: Pieters Jana

Coaches: Cannaerts Jens

PB => Personal Best time

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

| Event number: 20: 100M BUTTERFLY MEN 13+     |           |           | Heat:2, starttime: 09:02            |
|----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 2/7 Lane : 3 Athlete: SEYMUS AXEL      |           |           | Q-time: 01:16:52                    |
| PB (50m pool): 01:20.07 Antwerpen 20/07/2025 |           |           | PB (25m pool): 01:16.52 SB: no time |
|                                              | 5 0 M     | 1 0 0 M   |                                     |
| PB                                           | 00:36.41  | 01:20.07  |                                     |
|                                              | 00:36.41  | 00:43.66  |                                     |
|                                              | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 20: 100M BUTTERFLY MEN 13+   |           |           | Heat:7, starttime: 09:12            |
|--------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 7/7 Lane : 7 Athlete: BERGES JENS    |           |           | Q-time: 00:58:78                    |
| PB (50m pool): 00:58.78 Antwerp 09/02/2025 |           |           | PB (25m pool): 00:58.02 SB: no time |
|                                            | 5 0 M     | 1 0 0 M   |                                     |
| PB                                         | 00:26.59  | 00:58.78  |                                     |
|                                            | 00:26.59  | 00:32.19  |                                     |
|                                            | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 21: 100M BUTTERFLY WOMEN 13+   |           |           | Heat:3, starttime: 09:19                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 3/6 Lane : 3 Athlete: FAES ELYNE       |           |           | Q-time: 01:18:82                                          |
| PB (50m pool): 01:20.51 Wezenberg 04/01/2026 |           |           | PB (25m pool): 01:18.82 SB: 01:20.51 Wezenberg 04/01/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:36.91  | 01:20.51  |                                                           |
|                                              | 00:36.91  | 00:43.60  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

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| Event number: 21: 100M BUTTERFLY WOMEN 13+                                                        |           |           |  | Heat:5, starttime: 09:23 |  |
|---------------------------------------------------------------------------------------------------|-----------|-----------|--|--------------------------|--|
| Heat: 5/6    Lane : 5    Athlete: VAN LOOY ANKE                                                   |           |           |  | Q-time: 01:10:03         |  |
| PB (50m pool): 01:10.03    Lago Gent Rozebroeken 04/05/2025    PB (25m pool): 01:10.86SB: no time |           |           |  |                          |  |
|                                                                                                   | 5 0 M     | 1 0 0 M   |  |                          |  |
| PB                                                                                                | no time   | 01:10.03  |  |                          |  |
|                                                                                                   | no time   |           |  |                          |  |
|                                                                                                   | . . . . . | . . . . . |  |                          |  |

Coach feedback:

| Event number: 21: 100M BUTTERFLY WOMEN 13+      |           |           |  | Heat:6, starttime: 09:25           |  |
|-------------------------------------------------|-----------|-----------|--|------------------------------------|--|
| Heat: 6/6    Lane : 4    Athlete: ROMBOUT LISA  |           |           |  | Q-time: 01:04:90                   |  |
| PB (50m pool): 01:03.97    Antwerpen 28/07/2024 |           |           |  | PB (25m pool): 01:03.32SB: no time |  |
|                                                 | 5 0 M     | 1 0 0 M   |  |                                    |  |
| PB                                              | no time   | 01:03.97  |  |                                    |  |
|                                                 | no time   |           |  |                                    |  |
|                                                 | . . . . . | . . . . . |  |                                    |  |

Coach feedback:

| Event number: 23: 200M BACKSTROKE WOMEN 13+                                                          |                |           |           |           | Heat:1, starttime: 09:35 |  |
|------------------------------------------------------------------------------------------------------|----------------|-----------|-----------|-----------|--------------------------|--|
| Heat: 1/6    Lane : 5    Athlete: VERSLEGERS ROXAN                                                   |                |           |           |           | Q-time: 03:03:38         |  |
| PB (50m pool): 03:18.16    Lago Gent Rozebroeken    05/05/2024    PB (25m pool): 03:03.38SB: no time |                |           |           |           |                          |  |
|                                                                                                      | 5 0 M          | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                          |  |
| PB                                                                                                   | no time        | no time   | no time   | 03:18.16  |                          |  |
|                                                                                                      | <i>no time</i> |           |           |           |                          |  |
|                                                                                                      | . . . . .      | . . . . . | . . . . . | . . . . . |                          |  |

Coach feedback:

| Event number: 23: 200M BACKSTROKE WOMEN 13+      |           |           |           |                  | Heat:5, starttime: 09:52           |
|--------------------------------------------------|-----------|-----------|-----------|------------------|------------------------------------|
| Heat: 5/6    Lane : 7    Athlete: WIJCKMANS LENE |           |           |           | Q-time: 02:35:24 |                                    |
| PB (50m pool): 02:40.31    Antwerpen 28/07/2024  |           |           |           |                  | PB (25m pool): 02:35.24SB: no time |
|                                                  | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M          |                                    |
| PB                                               | no time   | no time   | no time   | 02:40.31         |                                    |
|                                                  | no time   |           |           |                  |                                    |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .        |                                    |

Coach feedback:

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| Event number: 23: 200M BACKSTROKE WOMEN 13+  |         |         |         |          | Heat:6, starttime: 09:56            |
|----------------------------------------------|---------|---------|---------|----------|-------------------------------------|
| Heat: 6/6 Lane : 2 Athlete: VAN LOOY ANKE    |         |         |         |          | Q-time: 02:30:44                    |
| PB (50m pool): 02:41.17 ANTWERPEN 30/07/2023 |         |         |         |          | PB (25m pool): 02:30.44 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 | 02:41.17 |                                     |
|                                              | no time |         |         |          |                                     |
|                                              | .....   | .....   | .....   | .....    |                                     |

Coach feedback:

| Event number: 26: 200M FREESTYLE WOMEN 13+    |          |          |          |          | Heat:2, starttime: 10:50            |
|-----------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 2/10 Lane : 5 Athlete: VERSLEGERS ROXAN |          |          |          |          | Q-time: 02:43:39                    |
| PB (50m pool): 02:43.39 Antwerpen 13/07/2025  |          |          |          |          | PB (25m pool): 02:50.64 SB: no time |
|                                               | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                     |
| PB                                            | 00:37.90 | 01:19.67 | 02:03.08 | 02:43.39 |                                     |
|                                               | 00:37.90 | 00:41.77 | 00:43.41 | 00:40.31 |                                     |
|                                               | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 26: 200M FREESTYLE WOMEN 13+               |         |         |         |          | Heat:4, starttime: 10:57            |
|----------------------------------------------------------|---------|---------|---------|----------|-------------------------------------|
| Heat: 4/10 Lane : 4 Athlete: VAN DE WOUWER MYRTHE        |         |         |         |          | Q-time: 02:31:54                    |
| PB (50m pool): 02:56.32 Lago Gent Rozebroeken 05/05/2024 |         |         |         |          | PB (25m pool): 02:31.54 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 | 02:56.32 |                                     |
|                                                          | no time |         |         |          |                                     |
|                                                          | .....   | .....   | .....   | .....    |                                     |

Coach feedback:

| Event number: 27: 200M FREESTYLE MEN 13+     |          |          |          |          | Heat:4, starttime: 11:30            |
|----------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 4/9 Lane : 1 Athlete: VERBEEK MATTS    |          |          |          |          | Q-time: 02:31:32                    |
| PB (50m pool): 02:31.32 Antwerpen 13/07/2025 |          |          |          |          | PB (25m pool): 02:31.53 SB: no time |
|                                              | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                     |
| PB                                           | 00:34.76 | 01:13.55 | 01:53.77 | 02:31.32 |                                     |
|                                              | 00:34.76 | 00:38.79 | 00:40.22 | 00:37.55 |                                     |
|                                              | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

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|                                                                                                    |                |           |           |           |           |           |                          |           |
|----------------------------------------------------------------------------------------------------|----------------|-----------|-----------|-----------|-----------|-----------|--------------------------|-----------|
| Event number: 28: 400M MEDLEY WOMEN 13+                                                            |                |           |           |           |           |           | Heat:1, starttime: 11:48 |           |
| Heat: 1/1    Lane : 4    Athlete: VAN LOOY ANKE                                                    |                |           |           |           |           |           | Q-time: 05:22:42         |           |
| PB (50m pool): 05:34.93    Lago Gent Rozebroeken 05/05/2024    PB (25m pool): 05:22.42 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                  | 05:34.93  |
|                                                                                                    | <i>no time</i> |           |           |           |           |           |                          |           |
|                                                                                                    | . . . . .      | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: