

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

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

Coaches: Stabel Siegfried

Coaches: Van der Eycken Ann

Coaches: Verrijken Valerie

Coaches: Poelmans Julie HEADCOACH

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 : 1 Athlete: LEYSEN JEROEN			Q-time: 01:20:03
PB (50m pool): 01:24.87 Wezenberg 04/01/2026			PB (25m pool): 01:20.03 SB: 01:24.87 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:39.96	01:24.87	
	00:39.96	00:44.91	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:4, starttime: 09:21
Heat: 4/6 Lane : 3 Athlete: LAUWERS LOTTE			Q-time: 01:13:96
PB (50m pool): 01:16.67 Antwerpen 20/04/2025			PB (25m pool): 01:13.96 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.13	01:16.67	
	00:34.13	00:42.54	
			

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12			Heat:2, starttime: 09:29
Heat: 2/5 Lane : 5 Athlete: VANDERHALLEN JISSE			Q-time: 00:52:12
PB (50m pool): 00:52.12 Wezenberg 04/01/2026			PB (25m pool): no time SB: 00:52.12 Wezenberg 04/01/2026
	5 0 M		
PB	00:52.12		
	00:52.12		
			

Coach feedback:

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Event number: 22: 50M BUTTERFLY MEN 11-12				Heat:2, starttime: 09:29	
Heat: 2/5 Lane : 7 Athlete: SAZONOV VICTOR				Q-time: 99:99:99	
PB (50m pool): no time				PB (25m pool): no time SB: no time	
	5 0 M				
PB	no time				
	<i>no time</i>				
					

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12				Heat:4, starttime: 09:32	
Heat: 4/5 Lane : 3 Athlete: ADAMS MATHIS				Q-time: 00:40:08	
PB (50m pool): 00:42.42 Antwerpen 20/04/2025				PB (25m pool): 00:40.08SB: no time	
	5 0 M				
PB	00:42.42				
	00:42.42				
					

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12										Heat:5, starttime: 09:34																			
Heat: 5/5 Lane : 3 Athlete: LEYSEN BENJAMIN																				Q-time: 00:36:76									
PB (50m pool): 00:37.48 Wezenberg 04/01/2026										PB (25m pool): 00:36.76SB: 00:37.48 Wezenberg 04/01/2026																			
	5 0 M																												
PB	00:37.48																												
	00:37.48																												
																													

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:1, starttime: 09:35
Heat: 1/6 Lane : 8 Athlete: VAN MECHELEN LUNA					Q-time: 03:23:32
PB (50m pool): no time			PB (25m pool): 03:23.32SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:3, starttime: 09:44
Heat: 3/6 Lane : 7 Athlete: VAN MECHELEN ZOë					Q-time: 02:47:47
PB (50m pool): 03:09.62 Antwerpen 14/07/2024					PB (25m pool): 02:47.47 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	03:09.62	
	no time				
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:5, starttime: 09:52
Heat: 5/6 Lane : 5 Athlete: LAUWERS SOFIE					Q-time: 02:34:18
PB (50m pool): 02:37.97 Antwerpen 20/07/2025					PB (25m pool): 02:34.18 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.03	01:17.07	01:57.91	02:37.97	
	00:37.03	00:40.04	00:40.84	00:40.06	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:1, starttime: 10:00
Heat: 1/5 Lane : 3 Athlete: STABEL JONATHAN					Q-time: 03:00:74
PB (50m pool): 03:12.17 Antwerpen 20/04/2025					PB (25m pool): 03:00.74 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.90	01:35.27	02:25.97	03:12.17	
	00:45.90	00:49.37	00:50.70	00:46.20	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:3, starttime: 10:08
Heat: 3/5 Lane : 6 Athlete: STABEL JASPER					Q-time: 02:34:64
PB (50m pool): 02:42.28 Kortrijk 04/05/2025					PB (25m pool): 02:34.64 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.80	01:20.58	02:02.39	02:42.28	
	00:38.80	00:41.78	00:41.81	00:39.89	
					

Coach feedback:

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Event number: 25: 100M FREESTYLE MEN 11-12			Heat:2, starttime: 10:22
Heat: 2/5 Lane : 1 Athlete: VANDERHALLEN JISSE			Q-time: 01:30:50
PB (50m pool): 01:40.95 Mol 22/06/2025			PB (25m pool): 01:30.50 SB: no time
	5 0 M	1 0 0 M	
PB	00:45.42	01:40.95	
	00:45.42	00:55.53	
			

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12			Heat:2, starttime: 10:22
Heat: 2/5 Lane : 5 Athlete: SAZONOV VICTOR			Q-time: 01:24:24
PB (50m pool): 01:24.24 Wezenberg 04/01/2026			PB (25m pool): 01:24.99 SB: 01:24.24 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:40.47	01:24.24	
	00:40.47	00:43.77	
			

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12			Heat:5, starttime: 10:28
Heat: 5/5 Lane : 2 Athlete: ADAMS MATHIS			Q-time: 01:12:01
PB (50m pool): 01:21.21 Antwerpen 13/07/2025			PB (25m pool): 01:12.01 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.08	01:21.21	
	00:39.08	00:42.13	
			

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12			Heat:5, starttime: 10:28
Heat: 5/5 Lane : 5 Athlete: LEYSEN BENJAMIN			Q-time: 01:06:99
PB (50m pool): 01:07.54 Wezenberg 04/01/2026			PB (25m pool): 01:06.66 SB: 01:07.54 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:32.59	01:07.54	
	00:32.59	00:34.95	
			

Coach feedback:

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Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:1, starttime: 10:46
Heat: 1/10 Lane : 2 Athlete: VAN MECHELEN LUNA					Q-time: 03:12:53
PB (50m pool): 04:01.56 Mol 25/06/2023					PB (25m pool): 03:12.53 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	04:01.56	
	no time				
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:4, starttime: 10:57
Heat: 4/10 Lane : 1 Athlete: VAN MECHELEN ZOë					Q-time: 02:36:90
PB (50m pool): 02:43.04 Eindhoven 16/03/2025					PB (25m pool): 02:36.90 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.95	01:18.84	02:01.38	02:43.04	
	00:36.95	00:41.89	00:42.54	00:41.66	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:7, starttime: 11:07
Heat: 7/10 Lane : 3 Athlete: LAUWERS LOTTE					Q-time: 02:22:76
PB (50m pool): 02:27.79 Antwerpen 16/04/2023					PB (25m pool): 02:22.57 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	02:27.79	
	no time				
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:8, starttime: 11:10
Heat: 8/10 Lane : 5 Athlete: LAUWERS SOFIE					Q-time: 02:18:46
PB (50m pool): 02:23.30 Antwerp 26/01/2025					PB (25m pool): 02:18.46 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.37	01:08.28	01:45.55	02:23.30	
	00:32.37	00:35.91	00:37.27	00:37.75	
					

Coach feedback:

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Event number: 27: 200M FREESTYLE MEN 13+					Heat:2, starttime: 11:23
Heat: 2/9 Lane : 1 Athlete: REYMEN RHUNE					Q-time: 02:45:15
PB (50m pool): no time PB (25m pool): 02:45.15 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	no time	
	no time				
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:3, starttime: 11:26
Heat: 3/9 Lane : 1 Athlete: STABEL JONATHAN					Q-time: 02:37:70
PB (50m pool): 02:53.16 Kortrijk 04/05/2025 PB (25m pool): 02:37.70 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.11	01:23.97	02:09.71	02:53.16	
	00:39.11	00:44.86	00:45.74	00:43.45	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:4, starttime: 11:30
Heat: 4/9 Lane : 8 Athlete: LEYSEN JEROEN					Q-time: 02:31:66
PB (50m pool): 02:39.79 Antwerpen 20/04/2025 PB (25m pool): 02:31.66 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.59	01:17.55	01:59.74	02:39.79	
	00:36.59	00:40.96	00:42.19	00:40.05	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:6, starttime: 11:36
Heat: 6/9 Lane : 6 Athlete: STABEL JASPER					Q-time: 02:15:33
PB (50m pool): 02:21.94 Antwerpen 13/07/2025 PB (25m pool): 02:15.33 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.72	01:08.14	01:44.88	02:21.94	
	00:31.72	00:36.42	00:36.74	00:37.06	
					

Coach feedback:

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Event number: 28: 400M MEDLEY WOMEN 13+							Heat:1, starttime: 11:48	
Heat: 1/1 Lane : 6 Athlete: LAUWERS LOTTE							Q-time: 05:55:31	
PB (50m pool): 06:16.11 Antwerp 14/04/2024				PB (25m pool): 05:55.31SB: 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	06:16.11
	<i>no time</i>							
								

Coach feedback:

Event number: 29: 4x100M MEDLEY MEN 11+							Heat:1, starttime: 12:01	
Heat: 1/1 Lane : 6 Athlete: TEAM KST 1							Q-time: 05:22:01	
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: