

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

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

Coaches: Luyten Sjobbe HEADCOACH

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

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:1, starttime: 09:00
Heat: 1/7 Lane : 2 Athlete: HOOYBERGHS MIL			Q-time: 01:41:81
PB (50m pool): 01:41.81 Mol 22/06/2025			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	00:44.54	01:41.81	
	00:44.54	00:57.27	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:1, starttime: 09:00
Heat: 1/7 Lane : 5 Athlete: DE MESSEMAEKER ZYDRICH			Q-time: 01:27:56
PB (50m pool): no time			PB (25m pool): 01:27.56 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:1, starttime: 09:14
Heat: 1/6 Lane : 3 Athlete: EMBRECHTS OLIVIA			Q-time: 01:44:65
PB (50m pool): 01:44.65 Antwerpen 13/07/2025			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	00:46.87	01:44.65	
	00:46.87	00:57.78	
			

Coach feedback:

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Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:2, starttime: 09:17
Heat: 2/6 Lane : 6 Athlete: CEULEMANS LENA			Q-time: 01:24:23
PB (50m pool): 01:25.92 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:24.23 SB: no time			
	5 0 M	1 0 0 M	
PB	00:41.00	01:25.92	
	00:41.00	00:44.92	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:4, starttime: 09:21
Heat: 4/6 Lane : 4 Athlete: BAYGUNES DEFNE			Q-time: 01:12:97
PB (50m pool): 01:12.97 Antwerp 02/02/2025 PB (25m pool): 01:13.90 SB: no time			
	5 0 M	1 0 0 M	
PB	00:34.15	01:12.97	
	00:34.15	00:38.82	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:6, starttime: 09:25
Heat: 6/6 Lane : 8 Athlete: KEMPS ELIZE			Q-time: 01:09:58
PB (50m pool): 01:10.00 Mol 22/06/2025 PB (25m pool): 01:09.58 SB: no time			
	5 0 M	1 0 0 M	
PB	00:32.51	01:10.00	
	00:32.51	00:37.49	
			

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12			Heat:4, starttime: 09:32
Heat: 4/5 Lane : 2 Athlete: MOLS LEON			Q-time: 00:41:80
PB (50m pool): 00:47.57 SportinGenk Park 21/04/2025 PB (25m pool): 00:41.80 SB: no time			
	5 0 M		
PB	00:47.57		
	00:47.57		
			

Coach feedback:

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Event number: 22: 50M BUTTERFLY MEN 11-12				Heat:5, starttime: 09:34
Heat: 5/5 Lane : 2 Athlete: VAN HOVE NAND				Q-time: 00:37:18
PB (50m pool): 00:38.74 Mol 22/06/2025				PB (25m pool): 00:37.18 SB: no time
	5 0 M			
PB	00:38.74			
	00:38.74			
				

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:1, starttime: 09:35
Heat: 1/6 Lane : 1 Athlete: DIRIX LILY					Q-time: 03:14:49
PB (50m pool): no time					PB (25m pool): 03:14.49 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: 23: 200M BACKSTROKE WOMEN 13+					Heat:1, starttime: 09:35
Heat: 1/6 Lane : 2 Athlete: EMBRECHTS OLIVIA					Q-time: 03:09:73
PB (50m pool): no time					PB (25m pool): 03:09.73 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: 23: 200M BACKSTROKE WOMEN 13+					Heat:6, starttime: 09:56
Heat: 6/6 Lane : 1 Athlete: VAN BAELEN YENTHE					Q-time: 02:32:87
PB (50m pool): 02:37.44 Antwerpen 27/07/2025					PB (25m pool): 02:32.87 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.36	01:18.09	01:59.16	02:37.44	
	00:37.36	00:40.73	00:41.07	00:38.28	
					

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:6, starttime: 09:56
Heat: 6/6 Lane : 4 Athlete: SPRANGERS KATO					Q-time: 02:22:50
PB (50m pool): 02:31.04 Antwerpen 27/07/2025					PB (25m pool): 02:22.50 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.44	01:13.04	01:52.66	02:31.04	
	00:35.44	00:37.60	00:39.62	00:38.38	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:1, starttime: 10:00
Heat: 1/5 Lane : 6 Athlete: HOOYBERGHS MIL					Q-time: 03:01:23
PB (50m pool): no time					PB (25m pool): 03:01.23 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: 24: 200M BACKSTROKE MEN 13+					Heat:4, starttime: 10:12
Heat: 4/5 Lane : 6 Athlete: VERACHTEN LOUIS					Q-time: 02:23:56
PB (50m pool): no time					PB (25m pool): 02:23.56 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: 25: 100M FREESTYLE MEN 11-12					Heat:4, starttime: 10:26
Heat: 4/5 Lane : 2 Athlete: MOLS LEON					Q-time: 01:16:88
PB (50m pool): 01:19.37 Mol 22/06/2025					PB (25m pool): 01:16.88 SB: no time
	5 0 M	1 0 0 M			
PB	00:38.97	01:19.37			
	00:38.97	00:40.40			
					

Coach feedback:

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Event number: 25: 100M FREESTYLE MEN 11-12				Heat:5, starttime: 10:28
Heat: 5/5 Lane : 1 Athlete: VAN HOVE NAND				Q-time: 01:13:11
PB (50m pool): 01:14.62 Antwerpen 20/07/2025				PB (25m pool): 01:13.11 SB: no time
	5 0 M	1 0 0 M		
PB	00:36.46	01:14.62		
	00:36.46	00:38.16		
				

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 10:50
Heat: 2/10 Lane : 8 Athlete: DIRIX LILY					Q-time: 02:56:89
PB (50m pool): no time					PB (25m pool): 02:56.89 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: 26: 200M FREESTYLE WOMEN 13+					Heat:8, starttime: 11:10
Heat: 8/10 Lane : 3 Athlete: KEMPS ELIZE					Q-time: 02:19:14
PB (50m pool): 02:24.00 Antwerp 26/01/2025					PB (25m pool): 02:19.14 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.06	01:08.49	01:46.84	02:24.00	
	00:32.06	00:36.43	00:38.35	00:37.16	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:9, starttime: 11:13
Heat: 9/10 Lane : 1 Athlete: GEYPEN WIES					Q-time: 02:17:22
PB (50m pool): 02:20.82 Antwerpen 13/07/2025					PB (25m pool): 02:17.22 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.27	01:08.15	01:45.24	02:20.82	
	00:32.27	00:35.88	00:37.09	00:35.58	
					

Coach feedback:

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Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:9, starttime: 11:13
Heat: 9/10 Lane : 6 Athlete: VAN BAELEN YENTHE					Q-time: 02:15:77
PB (50m pool): 02:28.70 SportinGenk Park 01/03/2025					PB (25m pool): 02:15.77 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:11.85	no time	02:28.70	
	no time				
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:10, starttime: 11:16
Heat: 10/10 Lane : 3 Athlete: SPRANGERS KATO					Q-time: 02:11:11
PB (50m pool): 02:17.74 Antwerp 09/02/2025					PB (25m pool): 02:11.11 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.60	01:06.62	01:42.22	02:17.74	
	00:32.60	00:34.02	00:35.60	00:35.52	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:3, starttime: 11:26
Heat: 3/9 Lane : 7 Athlete: DE MESSEMAEKER ZYDRICH					Q-time: 02:36:69
PB (50m pool): 02:53.74 Kortrijk 04/05/2025					PB (25m pool): 02:36.69 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.54	01:23.17	02:08.37	02:53.74	
	00:38.54	00:44.63	00:45.20	00:45.37	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:4, starttime: 11:30
Heat: 4/9 Lane : 6 Athlete: VAN HOVE VICTOR					Q-time: 02:29:41
PB (50m pool): 02:37.92 Antwerpen 13/07/2025					PB (25m pool): 02:29.41 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.43	01:15.72	01:57.69	02:37.92	
	00:35.43	00:40.29	00:41.97	00:40.23	
					

Coach feedback:

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Event number: 27: 200M FREESTYLE MEN 13+					Heat:4, starttime: 11:30
Heat: 4/9 Lane : 7 Athlete: JACOBS JOB					Q-time: 02:30:01
PB (50m pool): 02:41.74 Antwerpen 13/07/2025					PB (25m pool): 02:30.01 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.24	01:18.97	02:00.65	02:41.74	
	00:37.24	00:41.73	00:41.68	00:41.09	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:7, starttime: 11:39
Heat: 7/9 Lane : 3 Athlete: VERACHTEN LOUIS					Q-time: 02:08:01
PB (50m pool): 02:23.11 Kortrijk 04/05/2025					PB (25m pool): 02:08.01 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.30	01:10.21	01:46.66	02:23.11	
	00:32.30	00:37.91	00:36.45	00:36.45	
					

Coach feedback:

Event number: 29: 4x100M MEDLEY MEN 11+							Heat:1, starttime: 12:01	
Heat: 1/1 Lane : 2 Athlete: TEAM MOZKA 1							Q-time: 06:06:15	
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: