

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

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

Coaches: Wouters Maxim

Coaches: Moeskops Kathleen

Coaches: Dierckx Davy HEADCOACH

Coaches: Verbeek Mats

Coaches: Feyten Anne

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 : 7 Athlete: FEYEN AEDEN			Q-time: 01:19:03
PB (50m pool): 01:23.54 Antwerp 02/02/2025			PB (25m pool): 01:19.03 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.92	01:23.54	
	00:35.92	00:47.62	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:7, starttime: 09:12
Heat: 7/7 Lane : 1 Athlete: VERBEEK SEM			Q-time: 00:59:05
PB (50m pool): 00:59.16 Antwerpen 28/07/2024			PB (25m pool): 00:57.43 SB: no time
	5 0 M	1 0 0 M	
PB	no time	00:59.16	
	no time		
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:3, starttime: 09:19
Heat: 3/6 Lane : 2 Athlete: DIERCKX FEMKE			Q-time: 01:19:09
PB (50m pool): 01:22.82 Antwerpen 13/07/2025			PB (25m pool): 01:19.09 SB: 01:26.22 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:36.41	01:22.82	
	00:36.41	00:46.41	
			

Coach feedback:

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Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:6, starttime: 09:25
Heat: 6/6 Lane : 1 Athlete: BELLENS LORE			Q-time: 01:09:51
PB (50m pool): 01:11.38 SportinGenk Park 11/11/2025			PB (25m pool): 01:09.11 SB: 01:11.38 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:11.38	
	no time		
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:6, starttime: 09:25
Heat: 6/6 Lane : 2 Athlete: MERTENS HELENA			Q-time: 01:09:01
PB (50m pool): 01:11.31 SportinGenk Park 21/04/2025			PB (25m pool): 01:09.01 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.12	01:11.31	
	00:33.12	00:38.19	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:6, starttime: 09:25
Heat: 6/6 Lane : 6 Athlete: BOVEN AXELLE			Q-time: 01:07:73
PB (50m pool): 01:09.62 Wezenberg 03/01/2026			PB (25m pool): 01:07.73 SB: 01:09.62 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:32.01	01:09.62	
	00:32.01	00:37.61	
			

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12			Heat:3, starttime: 09:31
Heat: 3/5 Lane : 1 Athlete: WILMS BRAM			Q-time: 00:48:92
PB (50m pool): 00:52.50 SportinGenk Park 11/11/2025			PB (25m pool): 00:48.92 SB: 00:52.50 SportinGenk Park 11/11/2025
	5 0 M		
PB	00:52.50		
	00:52.50		
			

Coach feedback:

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Event number: 22: 50M BUTTERFLY MEN 11-12				Heat:3, starttime: 09:31	
Heat: 3/5 Lane : 5 Athlete: JANSSENS ALEXANDER				Q-time: 00:45:86	
PB (50m pool): 00:45.86 SportinGenk Park 21/04/2025				PB (25m pool): 00:46.81 SB: 00:50.61 Wezenberg 04/01/2026	
	5 0 M				
PB	00:45.86				
	00:45.86				
					

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12				Heat:5, starttime: 09:34	
Heat: 5/5 Lane : 4 Athlete: MERTENS DIETER				Q-time: 00:34:71	
PB (50m pool): 00:34.83 Wezenberg 04/01/2026				PB (25m pool): 00:34.71 SB: 00:34.83 Wezenberg 04/01/2026	
	5 0 M				
PB	00:34.83				
	00:34.83				
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+				Heat:2, starttime: 09:40	
Heat: 2/6 Lane : 8 Athlete: VAN LOMMEL ANTHE				Q-time: 02:58:89	
PB (50m pool): no time				PB (25m pool): 02:58.89 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: 23: 200M BACKSTROKE WOMEN 13+				Heat:4, starttime: 09:48	
Heat: 4/6 Lane : 6 Athlete: BIERINCKX MIE				Q-time: 02:38:49	
PB (50m pool): 02:46.17 Antwerpen 20/04/2025				PB (25m pool): 02:38.49 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.58	01:22.33	02:04.65	02:46.17	
	00:39.58	00:42.75	00:42.32	00:41.52	
					

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:5, starttime: 09:52
Heat: 5/6 Lane : 2 Athlete: JANSSENS ELISABETH					Q-time: 02:34:93
PB (50m pool): 02:41.58 Aalst 28/06/2025					PB (25m pool): 02:34.93 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.00	01:17.84	02:00.13	02:41.58	
	00:37.00	00:40.84	00:42.29	00:41.45	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:6, starttime: 09:56
Heat: 6/6 Lane : 6 Athlete: MERTENS FEMKE					Q-time: 02:28:26
PB (50m pool): 02:37.85 Antwerp 26/01/2025					PB (25m pool): 02:28.26 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.21	01:16.59	01:58.16	02:37.85	
	00:36.21	00:40.38	00:41.57	00:39.69	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:1, starttime: 10:00
Heat: 1/5 Lane : 7 Athlete: BELLENS PIETER					Q-time: 03:03:46
PB (50m pool): no time					PB (25m pool): 03:03.46 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:2, starttime: 10:04
Heat: 2/5 Lane : 1 Athlete: FEYEN AEDEN					Q-time: 02:54:83
PB (50m pool): no time					PB (25m pool): 02:54.83 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:

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Event number: 25: 100M FREESTYLE MEN 11-12						Heat:2, starttime: 10:22	
Heat: 2/5 Lane : 8 Athlete: WILMS BRAM						Q-time: 01:33:00	
PB (50m pool): 01:33.00 Wezenberg 04/01/2026						PB (25m pool): 01:34.80 SB: 01:33.00 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M					
PB	00:42.27	01:33.00					
	00:42.27	00:50.73					
							

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12						Heat:3, starttime: 10:24	
Heat: 3/5 Lane : 5 Athlete: JANSSENS ALEXANDER						Q-time: 01:18:57	
PB (50m pool): 01:18.57 SportinGenk Park 11/11/2025						PB (25m pool): 01:17.70 SB: 01:18.57 SportinGenk Park 11/11/2025	
	5 0 M	1 0 0 M					
PB	no time	01:18.57					
	<i>no time</i>						
							

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12						Heat:5, starttime: 10:28	
Heat: 5/5 Lane : 4 Athlete: MERTENS DIETER						Q-time: 01:06:88	
PB (50m pool): 01:07.53 Antwerpen 20/07/2025						PB (25m pool): 01:06.88 SB: no time	
	5 0 M		1 0 0 M				
PB	00:32.67		01:07.53				
	00:32.67		00:34.86				
							

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+				Heat:4, starttime: 10:57	
Heat: 4/10 Lane : 6 Athlete: VAN LOMMEL ANTHE				Q-time: 02:35:13	
PB (50m pool): 02:41.00 Antwerpen 13/07/2025				PB (25m pool): 02:35.13 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.14	01:18.02	01:59.64	02:41.00	
	00:36.14	00:41.88	00:41.62	00:41.36	
					

Coach feedback:

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Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 11:00
Heat: 5/10 Lane : 2 Athlete: DIERCKX FEMKE					Q-time: 02:29:75
PB (50m pool): 02:37.37 Antwerpen 13/07/2025					PB (25m pool): 02:29.75 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.17	01:15.72	01:57.36	02:37.37	
	00:35.17	00:40.55	00:41.64	00:40.01	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:9, starttime: 11:13
Heat: 9/10 Lane : 2 Athlete: BELLENS LORE					Q-time: 02:16:71
PB (50m pool): 02:26.02 Aalst 28/06/2025					PB (25m pool): 02:16.71 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.25	01:10.08	01:48.85	02:26.02	
	00:33.25	00:36.83	00:38.77	00:37.17	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:10, starttime: 11:16
Heat: 10/10 Lane : 1 Athlete: BOVEN AXELLE					Q-time: 02:13:85
PB (50m pool): 02:16.36 Antwerpen 27/07/2025					PB (25m pool): 02:13.85 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.65	01:06.92	01:42.71	02:16.36	
	00:31.65	00:35.27	00:35.79	00:33.65	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:10, starttime: 11:16
Heat: 10/10 Lane : 2 Athlete: MERTENS FEMKE					Q-time: 02:12:67
PB (50m pool): 02:19.16 Antwerp 26/01/2025					PB (25m pool): 02:12.67 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.43	01:06.52	01:43.32	02:19.16	
	00:31.43	00:35.09	00:36.80	00:35.84	
					

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Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:10, starttime: 11:16
Heat: 10/10 Lane : 5 Athlete: MERTENS HELENA					Q-time: 02:10:32
PB (50m pool): 02:12.49 Antwerpen 27/04/2025					PB (25m pool): 02:09.35 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.49	01:03.81	01:38.45	02:12.49	
	00:30.49	00:33.32	00:34.64	00:34.04	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:10, starttime: 11:16
Heat: 10/10 Lane : 8 Athlete: BIERINCKX MIE					Q-time: 02:14:09
PB (50m pool): 02:20.14 Antwerpen 20/07/2025					PB (25m pool): 02:14.09 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.80	01:07.01	01:43.79	02:20.14	
	00:31.80	00:35.21	00:36.78	00:36.35	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:2, starttime: 11:23
Heat: 2/9 Lane : 3 Athlete: BELLENS PIETER					Q-time: 02:42:64
PB (50m pool): no time					PB (25m pool): 02:42.64 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:2, starttime: 11:23
Heat: 2/9 Lane : 4 Athlete: BROUNS PRYAM					Q-time: 02:41:28
PB (50m pool): 02:41.28 Antwerpen 13/07/2025					PB (25m pool): 02:50.35 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.11	01:18.32	02:00.63	02:41.28	
	00:37.11	00:41.21	00:42.31	00:40.65	
					

Coach feedback: