

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

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

Coaches: Van de Weyer Rune

Coaches: Fobelets Jos

Coaches: Verstappen Emma

Coaches: Mertens Wenke

Coaches: Van Olmen Jill

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 : 2 Athlete: VAN GEEL CIS			Q-time: 01:12:63
PB (50m pool): 01:16.19 Eindhoven 16/03/2025			PB (25m pool): 01:12.63 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.89	01:16.19	
	00:34.89	00:41.30	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:3, starttime: 09:05
Heat: 3/7 Lane : 4 Athlete: BREBELS NIELS			Q-time: 01:11:36
PB (50m pool): 01:15.48 Antwerpen 13/07/2025			PB (25m pool): 01:11.36 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.25	01:15.48	
	00:35.25	00:40.23	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:6, starttime: 09:10
Heat: 6/7 Lane : 2 Athlete: GYULNAZARYAN MAX			Q-time: 01:02:75
PB (50m pool): 01:05.27 Antwerpen 20/07/2025			PB (25m pool): 01:02.75 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.77	01:05.27	
	00:30.77	00:34.50	
			

Coach feedback:

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Event number: 20: 100M BUTTERFLY MEN 13+			Heat:7, starttime: 09:12
Heat: 7/7 Lane : 5 Athlete: VAN WAELDEREN THOMAS			Q-time: 00:57:55
PB (50m pool): 00:59.20 Antwerpen 27/07/2025			PB (25m pool): 00:57.55 SB: no time
	5 0 M	1 0 0 M	
PB	00:28.10	00:59.20	
	00:28.10	00:31.10	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:5, starttime: 09:23
Heat: 5/6 Lane : 6 Athlete: LEMMENS FEBE			Q-time: 01:10:35
PB (50m pool): 01:14.09 SportinGenk Park 21/04/2025			PB (25m pool): 01:10.35 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.01	01:14.09	
	00:34.01	00:40.08	
			

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12			Heat:1, starttime: 09:27
Heat: 1/5 Lane : 4 Athlete: VAN WAELDEREN KAREL			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): no time SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12			Heat:1, starttime: 09:27
Heat: 1/5 Lane : 5 Athlete: DOUWEN MON			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): no time SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:5, starttime: 09:52
Heat: 5/6 Lane : 1 Athlete: VAN AERSCHOT NEL					Q-time: 02:35:52
PB (50m pool): 02:45.37 Antwerpen 13/07/2025					PB (25m pool): 02:35.52 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.53	01:19.04	02:03.37	02:45.37	
	00:37.53	00:41.51	00:44.33	00:42.00	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:1, starttime: 10:00
Heat: 1/5 Lane : 1 Athlete: MERTENS GIJS					Q-time: 03:16:64
PB (50m pool): no time					PB (25m pool): 03:16.64 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: 24: 200M BACKSTROKE MEN 13+					Heat:4, starttime: 10:12
Heat: 4/5 Lane : 1 Athlete: SLUYTS JENNE					Q-time: 02:25:51
PB (50m pool): 02:33.44 Antwerpen 28/07/2024					PB (25m pool): 02:25.51 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	02:33.44	
	no time				
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:4, starttime: 10:12
Heat: 4/5 Lane : 8 Athlete: SLUYTS TIBE					Q-time: 02:26:96
PB (50m pool): 02:34.29 Antwerp 26/01/2025					PB (25m pool): 02:26.96 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.78	01:14.09	01:54.52	02:34.29	
	00:34.78	00:39.31	00:40.43	00:39.77	
					

Coach feedback:

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Event number: 25: 100M FREESTYLE MEN 11-12				Heat:2, starttime: 10:22	
Heat: 2/5 Lane : 4 Athlete: VAN WAELDEREN KAREL				Q-time: 01:24:19	
PB (50m pool): 01:26.53 Antwerpen 13/07/2025				PB (25m pool): 01:24.19 SB: no time	
	5 0 M	1 0 0 M			
PB	00:43.18	01:26.53			
	00:43.18	00:43.35			
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12				Heat:2, starttime: 10:22	
Heat: 2/5 Lane : 6 Athlete: DOUWEN MON				Q-time: 01:24:92	
PB (50m pool): no time				PB (25m pool): 01:24.92 SB: no time	
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 11:00	
Heat: 5/10 Lane : 6 Athlete: FIQI ALEXIA					Q-time: 02:29:68	
PB (50m pool): no time					PB (25m pool): 02:29.68 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 : 2 Athlete: LEMMENS FEBE					Q-time: 02:19:73	
PB (50m pool): 02:29.31 Antwerpen 14/07/2024					PB (25m pool): 02:19.73 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	02:29.31		
	no time					
						

Coach feedback:

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Event number: 27: 200M FREESTYLE MEN 13+					Heat:2, starttime: 11:23
Heat: 2/9 Lane : 8 Athlete: MERTENS GIJS					Q-time: 02:50:49
PB (50m pool): 02:58.68 Antwerpen 13/07/2025					PB (25m pool): 02:50.49 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.29	01:27.02	02:14.93	02:58.68	
	00:40.29	00:46.73	00:47.91	00:43.75	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:4, starttime: 11:30
Heat: 4/9 Lane : 4 Athlete: BREBELS NIELS					Q-time: 02:24:81
PB (50m pool): 02:25.85 Antwerpen 13/07/2025					PB (25m pool): 02:24.81 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.64	01:10.68	01:49.35	02:25.85	
	00:33.64	00:37.04	00:38.67	00:36.50	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:5, starttime: 11:33
Heat: 5/9 Lane : 3 Athlete: VAN GEEL CIS					Q-time: 02:18:22
PB (50m pool): no time					PB (25m pool): 02:18.22 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:7, starttime: 11:39
Heat: 7/9 Lane : 5 Athlete: GYULNAZARYAN MAX					Q-time: 02:07:75
PB (50m pool): 02:15.88 Antwerpen 13/07/2025					PB (25m pool): 02:07.75 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.80	01:05.79	01:41.83	02:15.88	
	00:30.80	00:34.99	00:36.04	00:34.05	
					

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Event number: 27: 200M FREESTYLE MEN 13+					Heat:7, starttime: 11:39
Heat: 7/9 Lane : 6 Athlete: SLUYTS JENNE					Q-time: 02:08:10
PB (50m pool): 02:14.54 Eindhoven 16/03/2025					PB (25m pool): 02:08.10 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.10	01:04.00	01:40.14	02:14.54	
	00:30.10	00:33.90	00:36.14	00:34.40	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:7, starttime: 11:39
Heat: 7/9 Lane : 7 Athlete: SLUYTS TIBE					Q-time: 02:09:61
PB (50m pool): 02:14.17 Antwerpen 13/07/2025					PB (25m pool): 02:09.61 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.94	01:06.17	01:40.43	02:14.17	
	00:30.94	00:35.23	00:34.26	00:33.74	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:9, starttime: 11:45
Heat: 9/9 Lane : 6 Athlete: VAN WAELDEREN THOMAS					Q-time: 01:57:69
PB (50m pool): 01:59.89 Antwerpen 27/07/2025					PB (25m pool): 01:57.69 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.99	00:58.51	01:29.74	01:59.89	
	00:27.99	00:30.52	00:31.23	00:30.15	
					

Coach feedback:

Event number: 29: 4x100M MEDLEY MEN 11+							Heat:1, starttime: 12:01
Heat: 1/1 Lane : 5 Athlete: TEAM WST 3							Q-time: 04:17:39
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: