

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: HZA

Coachinfo: Warming up from: 13:00 untill 14:00. 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: 31: 50M FREESTYLE MEN 13+		Heat:5, starttime: 14:18
Heat: 5/11 Lane : 8 Athlete: VERBEEK MATTS		Q-time: 00:29:93
PB (50m pool): 00:32.30 Antwerpen 20/04/2025		PB (25m pool): 00:29.93 SB: no time
PB	5 0 M	
	00:32.30	
	00:32.30	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:8, starttime: 14:22
Heat: 8/11 Lane : 1 Athlete: BROWN QUINTEN		Q-time: 00:27:02
PB (50m pool): 00:27.34 Antwerpen 20/04/2025		PB (25m pool): 00:27.02 SB: no time
PB	5 0 M	
	00:27.34	
	00:27.34	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:11, starttime: 14:26
Heat: 11/11 Lane : 4 Athlete: BERGES JENS		Q-time: 00:23:77
PB (50m pool): 00:23.62 Antwerpen 28/07/2024		PB (25m pool): 00:22.51 SB: no time
PB	5 0 M	
	00:23.62	
	00:23.62	
		

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:6, starttime: 14:34
Heat: 6/14	Lane : 3	Athlete: VAN DE WOUWER MYRTHE
PB (50m pool): no time		PB (25m pool): 00:31.62 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:7, starttime: 14:35
Heat: 7/14	Lane : 4	Athlete: VANDERWEYDEN LAURE
PB (50m pool): no time		PB (25m pool): 00:31.35 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:11, starttime: 14:40
Heat: 11/14	Lane : 4	Athlete: VAN ESPEN LOTTE
PB (50m pool): 00:29.44 Wezenberg 03/01/2026		PB (25m pool): 00:28.63 SB: 00:29.44 Wezenberg 03/01/2026
	5 0 M	
PB	00:29.44	
	00:29.44	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:12, starttime: 14:41
Heat: 12/14	Lane : 8	Athlete: WIJCKMANS LENE
PB (50m pool): 00:30.16 Antwerpen 14/07/2024		PB (25m pool): 00:29.44 SB: no time
	5 0 M	
PB	00:30.16	
	00:30.16	
		

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:2, starttime: 14:50
Heat: 2/4 Lane : 1 Athlete: PIETERS KOBE					Q-time: 03:07:28
PB (50m pool): 03:32.84 Antwerpen 13/07/2025					PB (25m pool): 03:07.28 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.67	01:42.02	02:37.95	03:32.84	
	00:47.67	00:54.35	00:55.93	00:54.89	
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:2, starttime: 14:50
Heat: 2/4 Lane : 2 Athlete: SEYMUS AXEL					Q-time: 03:03:87
PB (50m pool): 03:12.35 Antwerpen 20/04/2025					PB (25m pool): 03:03.87 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.64	01:31.96	02:22.74	03:12.35	
	00:42.64	00:49.32	00:50.78	00:49.61	
					

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 15:06
Heat: 2/4 Lane : 6 Athlete: VAN DE WOUWER MYRTHE					Q-time: 03:10:11
PB (50m pool): 03:31.78 Antwerp 14/04/2024					PB (25m pool): 03:10.11 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	03:31.78	
	no time				
					

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:10
Heat: 3/4 Lane : 7 Athlete: VANDERWEYDEN LAURE					Q-time: 03:05:13
PB (50m pool): no time					PB (25m pool): 03:05.13 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: 35: 100M BACKSTROKE MEN 11+			Heat:12, starttime: 16:02
Heat: 12/12 Lane : 3 Athlete: BERGES JENS			Q-time: 00:58:87
PB (50m pool): 00:58.09 ANTWERPEN 31/07/2022			PB (25m pool): 00:55.25 SB: no time
	5 0 M	1 0 0 M	
PB	no time	00:58.09	
	no time		
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:8, starttime: 16:23
Heat: 8/11 Lane : 5 Athlete: WIJCKMANS LENE			Q-time: 01:13:23
PB (50m pool): 01:15.71 Antwerpen 28/07/2024			PB (25m pool): 01:12.87 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:15.71	
	no time		
			

Coach feedback: