

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

Coachinfo: Warming up from: 13:00 untill 14:00. 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: 30: 100M BREASTSTROKE MEN 11-12			Heat:3, starttime: 14:06
Heat: 3/5 Lane : 2 Athlete: SAZONOV VICTOR			Q-time: 01:46:26
PB (50m pool): 01:53.63 Mol 22/06/2025			PB (25m pool): 01:46.26 SB: no time
	5 0 M	1 0 0 M	
PB	00:54.29	01:53.63	
	00:54.29	00:59.34	
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12			Heat:4, starttime: 14:08
Heat: 4/5 Lane : 3 Athlete: VANDERHALLEN JISSE			Q-time: 01:41:95
PB (50m pool): 01:41.95 Wezenberg 04/01/2026			PB (25m pool): 01:42.45 SB: 01:41.95 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:47.16	01:41.95	
	00:47.16	00:54.79	
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12			Heat:4, starttime: 14:08
Heat: 4/5 Lane : 4 Athlete: ADAMS MATHIS			Q-time: 01:39:28
PB (50m pool): 01:47.86 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:39.28 SB: no time
	5 0 M	1 0 0 M	
PB	00:51.06	01:47.86	
	00:51.06	00:56.80	
			

Coach feedback:

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Event number: 30: 100M BREASTSTROKE MEN 11-12			Heat:5, starttime: 14:11
Heat: 5/5 Lane : 5 Athlete: LEYSEN BENJAMIN			Q-time: 01:26:94
PB (50m pool): 01:28.27 Wezenberg 04/01/2026			PB (25m pool): 01:26.94 SB: 01:28.27 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:41.38	01:28.27	
	00:41.38	00:46.89	
			

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:1, starttime: 14:13
Heat: 1/11 Lane : 4 Athlete: STABEL JONATHAN			Q-time: 00:34:33
PB (50m pool): 00:34.91 Kortrijk 04/05/2025			PB (25m pool): 00:34.33 SB: no time
	5 0 M		
PB	00:34.91		
	00:34.91		
			

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:2, starttime: 14:15
Heat: 2/11 Lane : 8 Athlete: REYMEN RHUNE			Q-time: 00:34:00
PB (50m pool): 00:37.83 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 00:34.00 SB: no time
	5 0 M		
PB	00:37.83		
	00:37.83		
			

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:4, starttime: 14:17
Heat: 4/11 Lane : 1 Athlete: LEYSEN JEROEN			Q-time: 00:30:98
PB (50m pool): 00:30.98 Wezenberg 04/01/2026			PB (25m pool): 00:34.31 SB: 00:30.98 Wezenberg 04/01/2026
	5 0 M		
PB	00:30.98		
	00:30.98		
			

Coach feedback:

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Event number: 31: 50M FREESTYLE MEN 13+		Heat:5, starttime: 14:18
Heat: 5/11 Lane : 4 Athlete: STABEL JASPER		Q-time: 00:28:48
PB (50m pool): 00:29.69 Antwerpen 20/04/2025 PB (25m pool): 00:28.48 SB: no time		
	5 0 M	
PB	00:29.69	
	00:29.69	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:1, starttime: 14:27
Heat: 1/14 Lane : 5 Athlete: VAN MECHELEN LUNA		Q-time: 00:38:72
PB (50m pool): 00:39.26 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:38.72 SB: no time		
	5 0 M	
PB	00:39.26	
	00:39.26	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:4, starttime: 14:31
Heat: 4/14 Lane : 2 Athlete: VAN GESTEL FRAN		Q-time: 00:32:83
PB (50m pool): 00:32.83 Wezenberg 03/01/2026 PB (25m pool): 00:33.31 SB: 00:32.83 Wezenberg 03/01/2026		
	5 0 M	
PB	00:32.83	
	00:32.83	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:4, starttime: 14:31
Heat: 4/14 Lane : 3 Athlete: VAN MECHELEN ZOë		Q-time: 00:32:72
PB (50m pool): 00:34.18 Mol 22/06/2025 PB (25m pool): 00:32.72 SB: no time		
	5 0 M	
PB	00:34.18	
	00:34.18	
		

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+			Heat:9, starttime: 14:38
Heat: 9/14 Lane : 3 Athlete: LAUWERS LOTTE			Q-time: 00:30:45
PB (50m pool): 00:30.76 Wezenberg 03/01/2026			PB (25m pool): 00:30.33 SB: 00:30.76 Wezenberg 03/01/2026
	5 0 M		
PB	00:30.76		
	00:30.76		
			

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+			Heat:10, starttime: 14:39
Heat: 10/14 Lane : 2 Athlete: LAUWERS SOFIE			Q-time: 00:30:13
PB (50m pool): 00:30.57 Antwerpen 20/04/2025			PB (25m pool): 00:30.13 SB: no time
	5 0 M		
PB	00:30.57		
	00:30.57		
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:1, starttime: 15:33
Heat: 1/12 Lane : 4 Athlete: VANDERHALLEN JISSE			Q-time: 01:40:56
PB (50m pool): no time			PB (25m pool): 01:40.56 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 15:36
Heat: 2/12 Lane : 4 Athlete: SAZONOV VICTOR			Q-time: 01:34:70
PB (50m pool): 01:34.70 Wezenberg 04/01/2026			PB (25m pool): 01:40.92 SB: 01:34.70 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:46.09	01:34.70	
	00:46.09	00:48.61	
			

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 15:42
Heat: 4/12 Lane : 4 Athlete: ADAMS MATHIS			Q-time: 01:26:52
PB (50m pool): 01:33.47 Kortrijk 04/05/2025			PB (25m pool): 01:26.52 SB: no time
	5 0 M	1 0 0 M	
PB	00:46.93	01:33.47	
	00:46.93	00:46.54	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 15:47
Heat: 6/12 Lane : 4 Athlete: LEYSEN JEROEN			Q-time: 01:19:24
PB (50m pool): 01:20.84 Wezenberg 04/01/2026			PB (25m pool): 01:19.24 SB: 01:20.84 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:39.35	01:20.84	
	00:39.35	00:41.49	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 15:47
Heat: 6/12 Lane : 7 Athlete: LEYSEN BENJAMIN			Q-time: 01:21:10
PB (50m pool): 01:26.51 Antwerpen 20/07/2025			PB (25m pool): 01:21.10 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.60	01:26.51	
	00:41.60	00:44.91	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:2, starttime: 16:07
Heat: 2/11 Lane : 2 Athlete: VAN MECHELEN LUNA			Q-time: 01:32:86
PB (50m pool): 01:38.57 Antwerp 02/02/2025			PB (25m pool): 01:32.86 SB: 01:39.33 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:48.54	01:38.57	
	00:48.54	00:50.03	
			

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:5, starttime: 16:15	
Heat: 5/11 Lane : 5 Athlete: LAUWERS LOTTE				Q-time: 01:20:18	
PB (50m pool): 01:21.35 Wezenberg 03/01/2026				PB (25m pool): 01:20.18 SB: 01:21.35 Wezenberg 03/01/2026	
	5 0 M	1 0 0 M			
PB	00:40.04	01:21.35			
	00:40.04	00:41.31			
					

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:6, starttime: 16:18	
Heat: 6/11 Lane : 2 Athlete: VAN MECHELEN ZOë				Q-time: 01:17:97	
PB (50m pool): 01:22.01 Wezenberg 03/01/2026				PB (25m pool): 01:17.59 SB: 01:22.01 Wezenberg 03/01/2026	
	5 0 M	1 0 0 M			
PB	00:39.08	01:22.01			
	00:39.08	00:42.93			
					

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:9, starttime: 16:25	
Heat: 9/11 Lane : 5 Athlete: LAUWERS SOFIE				Q-time: 01:12:44	
PB (50m pool): 01:13.90 Antwerpen 20/04/2025				PB (25m pool): 01:12.44 SB: 01:14.33 Wezenberg 03/01/2026	
	5 0 M	1 0 0 M			
PB	00:35.97	01:13.90			
	00:35.97	00:37.93			
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:1, starttime: 16:32	
Heat: 1/5 Lane : 4 Athlete: STABEL JONATHAN					Q-time: 03:01:81	
PB (50m pool): 03:15.82 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 03:01.81 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:45.25	01:34.87	02:34.29	03:15.82		
	00:45.25	00:49.62	00:59.42	00:41.53		
						

Coach feedback:

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Event number: 37: 200M MEDLEY MEN 13+					Heat:2, starttime: 16:37
Heat: 2/5 Lane : 2 Athlete: REYMEN RHUNE					Q-time: 02:56:03
PB (50m pool): 03:25.79 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:56.03 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.33	01:38.28	02:37.28	03:25.79	
	00:47.33	00:50.95	00:59.00	00:48.51	
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:4, starttime: 16:44
Heat: 4/5 Lane : 6 Athlete: STABEL JASPER					Q-time: 02:28:52
PB (50m pool): 02:37.58 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:28.52 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.08	01:15.34	02:01.07	02:37.58	
	00:33.08	00:42.26	00:45.73	00:36.51	
					

Coach feedback:

Event number: 38: 4x100M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:02	
Heat: 2/2 Lane : 8 Athlete: TEAM KST 1							Q-time: 04:42:94	
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: