

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

Coachinfo: Warming up from: 13:00 untill 14:00. 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: 30: 100M BREASTSTROKE MEN 11-12			Heat:4, starttime: 14:08
Heat: 4/5 Lane : 6 Athlete: MOLS LEON			Q-time: 01:42:48
PB (50m pool): 01:52.30 Mol 22/06/2025			PB (25m pool): 01:42.48 SB: no time
	5 0 M	1 0 0 M	
PB	00:53.89	01:52.30	
	00:53.89	00:58.41	
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12			Heat:5, starttime: 14:11
Heat: 5/5 Lane : 2 Athlete: VAN HOVE NAND			Q-time: 01:33:10
PB (50m pool): 01:38.41 Antwerpen 20/07/2025			PB (25m pool): 01:33.10 SB: no time
	5 0 M	1 0 0 M	
PB	00:47.77	01:38.41	
	00:47.77	00:50.64	
			

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:1, starttime: 14:13
Heat: 1/11 Lane : 5 Athlete: HOOYBERGHS MIL			Q-time: 00:34:38
PB (50m pool): 00:34.38 Mol 22/06/2025			PB (25m pool): 00:34.88 SB: no time
	5 0 M		
PB	00:34.38		
	00:34.38		
			

Coach feedback:

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Event number: 31: 50M FREESTYLE MEN 13+			Heat:2, starttime: 14:15
Heat: 2/11 Lane : 5 Athlete: DE MESSEMAEKER ZYDRICH			Q-time: 00:32:54
PB (50m pool): 00:34.77 Mol 22/06/2025			PB (25m pool): 00:32.54 SB: no time
	5 0 M		
PB	00:34.77		
	00:34.77		
			

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:2, starttime: 14:15
Heat: 2/11 Lane : 6 Athlete: JACOBS JOB			Q-time: 00:32:90
PB (50m pool): 00:35.80 Kortrijk 04/05/2025			PB (25m pool): 00:32.90 SB: no time
	5 0 M		
PB	00:35.80		
	00:35.80		
			

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:3, starttime: 14:16
Heat: 3/11 Lane : 6 Athlete: VAN HOVE VICTOR			Q-time: 00:31:38
PB (50m pool): 00:32.39 Mol 22/06/2025			PB (25m pool): 00:31.38 SB: no time
	5 0 M		
PB	00:32.39		
	00:32.39		
			

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:4, starttime: 14:17
Heat: 4/11 Lane : 6 Athlete: HERMANS PIETER-JAN			Q-time: 00:30:67
PB (50m pool): 00:30.67 Mol 22/06/2025			PB (25m pool): 00:31.89 SB: no time
	5 0 M		
PB	00:30.67		
	00:30.67		
			

Coach feedback:

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Event number: 31: 50M FREESTYLE MEN 13+			Heat:5, starttime: 14:18
Heat: 5/11 Lane : 3 Athlete: VERACHTEN LOUIS			Q-time: 00:28:66
PB (50m pool): 00:29.44 Mol 22/06/2025			PB (25m pool): 00:28.66 SB: no time
	5 0 M		
PB	00:29.44		
	00:29.44		
			

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:7, starttime: 14:21
Heat: 7/11 Lane : 7 Athlete: HUYSMANS SEPPE			Q-time: 00:27:62
PB (50m pool): 00:28.45 Antwerpen 13/07/2025			PB (25m pool): 00:27.62 SB: no time
	5 0 M		
PB	00:28.45		
	00:28.45		
			

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+			Heat:2, starttime: 14:29
Heat: 2/14 Lane : 1 Athlete: EMBRECHTS OLIVIA			Q-time: 00:38:38
PB (50m pool): 00:38.38 Mol 22/06/2025			PB (25m pool): no time SB: no time
	5 0 M		
PB	00:38.38		
	00:38.38		
			

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+			Heat:2, starttime: 14:29
Heat: 2/14 Lane : 4 Athlete: ADRIAENSEN LENA			Q-time: 00:34:88
PB (50m pool): 00:34.88 Mol 22/06/2025			PB (25m pool): 00:38.87 SB: no time
	5 0 M		
PB	00:34.88		
	00:34.88		
			

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:10, starttime: 14:39	
Heat: 10/14 Lane : 6 Athlete: BAYGUNES DEFNE				Q-time: 00:29:89	
PB (50m pool): 00:30.60 Antwerpen 13/07/2025				PB (25m pool): 00:29.89 SB: no time	
	5 0 M				
PB	00:30.60				
	00:30.60				
					

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:12, starttime: 14:41	
Heat: 12/14 Lane : 6 Athlete: GEYPEN WIES				Q-time: 00:29:21	
PB (50m pool): 00:30.49 Mol 22/06/2025				PB (25m pool): 00:29.21 SB: no time	
	5 0 M				
PB	00:30.49				
	00:30.49				
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:1, starttime: 14:45	
Heat: 1/4 Lane : 1 Athlete: DE MESSEMAEKER ZYDRICH				Q-time: 03:49:16	
PB (50m pool): 03:49.29 Kortrijk 04/05/2025				PB (25m pool): 03:49.16 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:52.64	01:51.34	02:49.89	03:49.29	
	00:52.64	00:58.70	00:58.55	00:59.40	
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:1, starttime: 14:45	
Heat: 1/4 Lane : 4 Athlete: HERMANS PIETER-JAN				Q-time: 03:09:59	
PB (50m pool): no time				PB (25m pool): 03:09.59 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: 34: 200M BREASTSTROKE WOMEN 13+					Heat:1, starttime: 15:01
Heat: 1/4 Lane : 2 Athlete: EMBRECHTS OLIVIA					Q-time: 03:35:91
PB (50m pool): no time PB (25m pool): 03:35.91 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: 34: 200M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 15:06
Heat: 2/4 Lane : 4 Athlete: CEULEMANS LENA					Q-time: 03:08:17
PB (50m pool): 04:07.18 Lago Gent Rozebroeken 07/05/2023 PB (25m pool): 03:08.17 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	04:07.18	
	no time				
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 15:42
Heat: 4/12 Lane : 2 Athlete: MOLS LEON					Q-time: 01:27:33
PB (50m pool): 01:35.27 SportinGenk Park 21/04/2025 PB (25m pool): 01:27.33 SB: no time					
	5 0 M	1 0 0 M			
PB	00:45.79	01:35.27			
	00:45.79	00:49.48			
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 15:42
Heat: 4/12 Lane : 3 Athlete: JACOBS JOB					Q-time: 01:26:70
PB (50m pool): 01:27.14 Antwerpen 13/07/2025 PB (25m pool): 01:26.70 SB: no time					
	5 0 M	1 0 0 M			
PB	00:42.85	01:27.14			
	00:42.85	00:44.29			
					

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 15:47
Heat: 6/12 Lane : 5 Athlete: VAN HOVE NAND			Q-time: 01:20:24
PB (50m pool): 01:26.91 Antwerpen 20/07/2025			PB (25m pool): 01:20.24 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.35	01:26.91	
	00:42.35	00:44.56	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:10, starttime: 15:57
Heat: 10/12 Lane : 4 Athlete: VERACHTEN LOUIS			Q-time: 01:05:92
PB (50m pool): 01:09.92 Antwerpen 20/07/2025			PB (25m pool): 01:05.92 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.20	01:09.92	
	00:34.20	00:35.72	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:11, starttime: 16:00
Heat: 11/12 Lane : 8 Athlete: HUYSMANS SEPPE			Q-time: 01:05:76
PB (50m pool): 01:09.86 Antwerpen 13/07/2025			PB (25m pool): 01:05.76 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.72	01:09.86	
	00:34.72	00:35.14	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:1, starttime: 16:04
Heat: 1/11 Lane : 3 Athlete: DIRIX LILY			Q-time: 01:43:77
PB (50m pool): 01:43.77 Mol 22/06/2025			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	00:50.52	01:43.77	
	00:50.52	00:53.25	
			

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:2, starttime: 16:07
Heat: 2/11 Lane : 4 Athlete: EMBRECHTS OLIVIA			Q-time: 01:29:77
PB (50m pool): 01:37.47 Antwerpen 13/07/2025			PB (25m pool): 01:29.77 SB: no time
	5 0 M	1 0 0 M	
PB	00:47.32	01:37.47	
	00:47.32	00:50.15	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:4, starttime: 16:13
Heat: 4/11 Lane : 5 Athlete: CEULEMANS LENA			Q-time: 01:22:13
PB (50m pool): 01:31.34 Zwembad Brigitte Becue Oostend 10/05/2025			PB (25m pool): 01:22.13 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:31.34	
	no time		
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:5, starttime: 16:15
Heat: 5/11 Lane : 7 Athlete: ADRIAENSEN LENA			Q-time: 01:20:95
PB (50m pool): 01:24.74 Antwerpen 20/07/2025			PB (25m pool): 01:20.95 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.03	01:24.74	
	00:41.03	00:43.71	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:7, starttime: 16:20
Heat: 7/11 Lane : 3 Athlete: BAYGUNES DEFNE			Q-time: 01:15:23
PB (50m pool): 01:19.06 Antwerp 02/02/2025			PB (25m pool): 01:15.23 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.57	01:19.06	
	00:38.57	00:40.49	
			

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:9, starttime: 16:25	
Heat: 9/11 Lane : 4 Athlete: VAN BAELEN YENTHE				Q-time: 01:12:01	
PB (50m pool): 01:13.51 Kortrijk 04/05/2025				PB (25m pool): 01:11.57 SB: no time	
	5 0 M	1 0 0 M			
PB	00:36.11	01:13.51			
	00:36.11	00:37.40			
					

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:11, starttime: 16:30	
Heat: 11/11 Lane : 3 Athlete: SPRANGERS KATO				Q-time: 01:06:38	
PB (50m pool): 01:09.72 Kortrijk 04/05/2025				PB (25m pool): 01:06.38 SB: no time	
	5 0 M	1 0 0 M			
PB	00:34.12	01:09.72			
	00:34.12	00:35.60			
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+				Heat:1, starttime: 16:32	
Heat: 1/5 Lane : 5 Athlete: HOOYBERGHS MIL				Q-time: 03:09:27	
PB (50m pool): no time				PB (25m pool): 03:09.27 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: 37: 200M MEDLEY MEN 13+				Heat:2, starttime: 16:37	
Heat: 2/5 Lane : 1 Athlete: VAN HOVE VICTOR				Q-time: 02:57:42	
PB (50m pool): 03:08.85 Antwerpen 13/07/2025				PB (25m pool): 02:57.42 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.62	01:34.03	02:26.96	03:08.85	
	00:42.62	00:51.41	00:52.93	00:41.89	
					

Coach feedback:

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Event number: 37: 200M MEDLEY MEN 13+					Heat:2, starttime: 16:37
Heat: 2/5 Lane : 6 Athlete: HERMANS PIETER-JAN					Q-time: 02:52:41
PB (50m pool): no time					PB (25m pool): 02:52.41 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: 38: 4x100M FREESTYLE WOMEN 11+					Heat:2, starttime: 17:02			
Heat: 2/2 Lane : 7 Athlete: TEAM MOZKA 1					Q-time: 04:19:21			
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: