

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

Coachinfo: Warming up from: 13:00 untill 14:00. 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: 30: 100M BREASTSTROKE MEN 11-12			Heat:2, starttime: 14:03
Heat: 2/5 Lane : 8 Athlete: WILMS BRAM			Q-time: 01:53:86
PB (50m pool): 01:55.80 Wezenberg 04/01/2026			PB (25m pool): 01:53.86 SB: 01:55.80 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:55.85	01:55.80	
	00:55.85	00:59.95	
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12			Heat:4, starttime: 14:08
Heat: 4/5 Lane : 8 Athlete: JANSSENS ALEXANDER			Q-time: 01:44:08
PB (50m pool): 01:51.54 Antwerpen 13/07/2025			PB (25m pool): 01:44.08 SB: no time
	5 0 M	1 0 0 M	
PB	00:53.08	01:51.54	
	00:53.08	00:58.46	
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12			Heat:5, starttime: 14:11
Heat: 5/5 Lane : 3 Athlete: MERTENS DIETER			Q-time: 01:31:54
PB (50m pool): 01:34.22 Antwerpen 20/07/2025			PB (25m pool): 01:30.35 SB: 01:35.71 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	00:44.82	01:34.22	
	00:44.82	00:49.40	
			

Coach feedback:

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Event number: 31: 50M FREESTYLE MEN 13+						Heat:1, starttime: 14:13	
Heat: 1/11 Lane : 2 Athlete: BELLENS PIETER						Q-time: 00:35:87	
PB (50m pool): 00:35.87 Wezenberg 04/01/2026						PB (25m pool): 00:36.10 SB: 00:35.87 Wezenberg 04/01/2026	
	5 0 M						
PB	00:35.87						
	00:35.87						
							

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+					Heat:3, starttime: 14:16	
Heat: 3/11 Lane : 7 Athlete: BROUNS PRYAM					Q-time: 00:32:22	
PB (50m pool): no time					PB (25m pool): 00:32.22 SB: no time	
	5 0 M					
PB	no time					
	no time					
						

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+						Heat:5, starttime: 14:33	
Heat: 5/14 Lane : 6 Athlete: VAN LOMMEL ANTHE						Q-time: 00:32:31	
PB (50m pool): 00:36.42 SportinGenk Park 01/04/2024						PB (25m pool): 00:32.31 SB: no time	
	5 0 M						
PB	00:36.42						
	00:36.42						
							

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+					Heat:7, starttime: 14:35	
Heat: 7/14 Lane : 7 Athlete: DIERCKX FEMKE					Q-time: 00:31:47	
PB (50m pool): 00:32.23 Antwerp 02/02/2025					PB (25m pool): 00:31.47 SB: no time	
	5 0 M					
PB	00:32.23					
	00:32.23					
						

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+							Heat:9, starttime: 14:38	
Heat: 9/14 Lane : 6 Athlete: DURT REINE							Q-time: 00:30:46	
PB (50m pool): no time							PB (25m pool): 00:30.22 SB: no time	
	5 0 M							
PB	no time							
	no time							
	no time							
								

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+										Heat:11, starttime: 14:40																														
Heat: 11/14 Lane : 1 Athlete: JANSSENS ELISABETH																				Q-time: 00:29:66																				
PB (50m pool): 00:30.66 Aalst 28/06/2025																				PB (25m pool): 00:29.66 SB: no time																				
	5 0 M																																							
PB	00:30.66																																							
	00:30.66																																							
																																								

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+					Heat:11, starttime: 14:40				
Heat: 11/14 Lane : 2 Athlete: BELLENS LORE					Q-time: 00:29:59				
PB (50m pool): no time					PB (25m pool): 00:29.59 SB: no time				
	5 0 M								
PB	no time								
	no time								
									

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+										Heat:12, starttime: 14:41																													
Heat: 12/14																				Lane : 5					Athlete: BOVEN AXELLE										Q-time: 00:29:06				
PB (50m pool): 00:31.49										Genk 10/04/2023					PB (25m pool): 00:29.06 SB: no time																								
		5 0 M																																					
PB		00:31.49																																					
		00:31.49																																					
																																							

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:12, starttime: 14:41	
Heat: 12/14 Lane : 7 Athlete: BIERINCKX MIE				Q-time: 00:29:31	
PB (50m pool): 00:32.07 Eindhoven 24/03/2024				PB (25m pool): 00:29.31 SB: no time	
	5 0 M				
PB	00:32.07				
	00:32.07				
					

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:13, starttime: 14:43	
Heat: 13/14 Lane : 6 Athlete: MERTENS HELENA				Q-time: 00:28:44	
PB (50m pool): 00:28.93 Antwerpen 27/07/2025				PB (25m pool): 00:28.44 SB: no time	
	5 0 M				
PB	00:28.93				
	00:28.93				
					

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+				Heat:2, starttime: 15:06	
Heat: 2/4 Lane : 1 Athlete: VAN LOMMEL ANTHE				Q-time: 03:19:61	
PB (50m pool): no time				PB (25m pool): 03:19.61 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:4, starttime: 15:14	
Heat: 4/4 Lane : 1 Athlete: DURT REINE				Q-time: 02:51:96	
PB (50m pool): 02:54.61 Antwerp 26/01/2025				PB (25m pool): 02:50.12 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.60	01:24.54	02:09.75	02:54.61	
	00:39.60	00:44.94	00:45.21	00:44.86	
					

Coach feedback:

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Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:14
Heat: 4/4 Lane : 2 Athlete: BOVEN AXELLE					Q-time: 02:48:70
PB (50m pool): 02:48.82 Antwerpen 27/07/2025					PB (25m pool): 02:47.43 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.12	01:22.75	02:06.99	02:48.82	
	00:39.12	00:43.63	00:44.24	00:41.83	
					

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:14
Heat: 4/4 Lane : 3 Athlete: MERTENS HELENA					Q-time: 02:48:15
PB (50m pool): 03:05.56 Lago Gent Rozebroeken 07/05/2023					PB (25m pool): 02:48.15 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	03:05.56	
	no time				
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 15:33
Heat: 1/12 Lane : 3 Athlete: WILMS BRAM					Q-time: 01:45:66
PB (50m pool): 01:45.66 Wezenberg 04/01/2026					PB (25m pool): no time SB: 01:45.66 Wezenberg 04/01/2026
	5 0 M	1 0 0 M			
PB	00:53.00	01:45.66			
	00:53.00	00:52.66			
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 15:39
Heat: 3/12 Lane : 2 Athlete: JANSSENS ALEXANDER					Q-time: 01:32:31
PB (50m pool): 01:33.34 SportinGenk Park 11/11/2025					PB (25m pool): 01:27.53 SB: 01:33.34 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M			
PB	no time	01:33.34			
	no time				
					

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 15:42
Heat: 4/12 Lane : 1 Athlete: BROUNS PRYAM			Q-time: 01:28:31
PB (50m pool): 01:31.48 Antwerpen 13/07/2025			PB (25m pool): 01:28.31 SB: no time
	5 0 M	1 0 0 M	
PB	00:44.31	01:31.48	
	00:44.31	00:47.17	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 15:42
Heat: 4/12 Lane : 7 Athlete: BELLENS PIETER			Q-time: 01:27:96
PB (50m pool): 01:31.51 SportinGenk Park 11/11/2025			PB (25m pool): 01:27.96 SB: 01:31.51 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:31.51	
	no time		
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 15:50
Heat: 7/12 Lane : 6 Athlete: FEYEN AEDEN			Q-time: 01:18:45
PB (50m pool): 01:24.79 Wezenberg 05/01/2025			PB (25m pool): 01:18.45 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.86	01:24.79	
	00:40.86	00:43.93	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:8, starttime: 15:52
Heat: 8/12 Lane : 2 Athlete: MERTENS DIETER			Q-time: 01:15:91
PB (50m pool): 01:19.83 Wezenberg 04/01/2026			PB (25m pool): 01:15.91 SB: 01:19.83 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:39.17	01:19.83	
	00:39.17	00:40.66	
			

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+			Heat:11, starttime: 16:00
Heat: 11/12 Lane : 7 Athlete: VERBEEK SEM			Q-time: 01:04:64
PB (50m pool): 01:04.10 Antwerpen 27/02/2022			PB (25m pool): 00:59.98 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:04.10	
	no time		
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:7, starttime: 16:20
Heat: 7/11 Lane : 6 Athlete: BELLENS LORE			Q-time: 01:15:27
PB (50m pool): 01:17.03 Wezenberg 03/01/2026			PB (25m pool): 01:11.81 SB: 01:17.03 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:37.04	01:17.03	
	00:37.04	00:39.99	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:10, starttime: 16:28
Heat: 10/11 Lane : 1 Athlete: BIERINCKX MIE			Q-time: 01:11:68
PB (50m pool): 01:16.09 SportinGenk Park 11/11/2025			PB (25m pool): 01:11.68 SB: 01:16.09 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:16.09	
	no time		
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:10, starttime: 16:28
Heat: 10/11 Lane : 6 Athlete: JANSSENS ELISABETH			Q-time: 01:11:23
PB (50m pool): 01:13.51 Wezenberg 03/01/2026			PB (25m pool): 01:11.23 SB: 01:13.51 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:35.72	01:13.51	
	00:35.72	00:37.79	
			

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+										Heat:11, starttime: 16:30																			
Heat: 11/11 Lane : 7 Athlete: MERTENS FEMKE															Q-time: 01:09:01														
PB (50m pool): 01:10.67 SportinGenk Park 11/11/2025															PB (25m pool): 01:08.71 SB: 01:10.67 SportinGenk Park 11/11/2025														
	5 0 M				1 0 0 M																								
PB	no time				01:10.67																								
	no time																												
																													

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:2, starttime: 16:37		
Heat: 2/5 Lane : 3 Athlete: FEYEN AEDEN					Q-time: 02:43:75		
PB (50m pool): no time					PB (25m pool): 02:43.75 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 : 2 Athlete: TEAM SHARK 2						Q-time: 04:17:67		
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:

Event number: 38: 4x100M FREESTYLE WOMEN 11+						Heat:2, starttime: 17:02		
Heat: 2/2 Lane : 5 Athlete: TEAM SHARK 1						Q-time: 04:07:08		
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: