

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

Coachinfo: Warming up from: 13:00 untill 14:00. 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: 30: 100M BREASTSTROKE MEN 11-12			Heat:1, starttime: 14:00
Heat: 1/5 Lane : 4 Athlete: DOUWEN MON			Q-time: 01:54:39
PB (50m pool): no time			PB (25m pool): 01:54.39 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12			Heat:3, starttime: 14:06
Heat: 3/5 Lane : 4 Athlete: VAN WAELDEREN KAREL			Q-time: 01:44:83
PB (50m pool): 01:50.69 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:44.83 SB: no time
	5 0 M	1 0 0 M	
PB	00:52.13	01:50.69	
	00:52.13	00:58.56	
			

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:6, starttime: 14:20
Heat: 6/11 Lane : 8 Athlete: VAN GEEL CIS			Q-time: 00:28:32
PB (50m pool): 00:29.23 Mol 22/06/2025			PB (25m pool): 00:28.32 SB: no time
	5 0 M		
PB	00:29.23		
	00:29.23		
			

Coach feedback:

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Event number: 31: 50M FREESTYLE MEN 13+		Heat:7, starttime: 14:21
Heat: 7/11 Lane : 4 Athlete: SLUYTS TIBE		Q-time: 00:27:11
PB (50m pool): 00:28.64 Eindhoven 16/03/2025		PB (25m pool): 00:27.11 SB: no time
	5 0 M	
PB	00:28.64	
	00:28.64	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:7, starttime: 14:21
Heat: 7/11 Lane : 6 Athlete: GYULNAZARYAN MAX		Q-time: 00:27:47
PB (50m pool): 00:28.99 Eindhoven 16/03/2025		PB (25m pool): 00:27.47 SB: no time
	5 0 M	
PB	00:28.99	
	00:28.99	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:9, starttime: 14:23
Heat: 9/11 Lane : 7 Athlete: SLUYTS JENNE		Q-time: 00:25:95
PB (50m pool): 00:26.58 Antwerpen 13/07/2025		PB (25m pool): 00:25.95 SB: no time
	5 0 M	
PB	00:26.58	
	00:26.58	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:11, starttime: 14:26
Heat: 11/11 Lane : 8 Athlete: VAN WAELDEREN THOMAS		Q-time: 00:24:27
PB (50m pool): 00:25.10 Antwerpen 27/07/2025		PB (25m pool): 00:24.27 SB: no time
	5 0 M	
PB	00:25.10	
	00:25.10	
		

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+						Heat:6, starttime: 14:34	
Heat: 6/14 Lane : 8 Athlete: FIQI ALEXIA						Q-time: 00:31:84	
PB (50m pool): 00:31.84 Antwerpen 13/07/2025						PB (25m pool): 00:34.69SB: no time	
	5 0 M						
PB	00:31.84						
	00:31.84						
							

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+							Heat:9, starttime: 14:38	
Heat: 9/14 Lane : 2 Athlete: VAN AERSCHOT NEL							Q-time: 00:30:51	
PB (50m pool): 00:31.90 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:30.51SB: no time								
	5 0 M							
PB	00:31.90							
	00:31.90							
								

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+							Heat:11, starttime: 14:40	
Heat: 11/14 Lane : 6 Athlete: LEMMENS FEBE							Q-time: 00:29:52	
PB (50m pool): 00:30.08 Eindhoven 16/03/2025							PB (25m pool): 00:29.52 SB: no time	
	5 0 M							
PB	00:30.08							
	00:30.08							
								

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:1, starttime: 14:45	
Heat: 1/4 Lane : 3 Athlete: MEULEMANS LARS					Q-time: 03:17:75	
PB (50m pool): 03:25.20 Antwerpen 13/07/2025					PB (25m pool): 03:17.75 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:46.44	01:39.23	02:34.14	03:25.20		
	00:46.44	00:52.79	00:54.91	00:51.06		
						

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:1, starttime: 14:45
Heat: 1/4 Lane : 7 Athlete: MERTENS GIJS					Q-time: 03:34:46
PB (50m pool): 03:36.32 Antwerpen 13/07/2025					PB (25m pool): 03:34.46 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.81	01:44.49	02:41.12	03:36.32	
	00:48.81	00:55.68	00:56.63	00:55.20	
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 15:36
Heat: 2/12 Lane : 1 Athlete: VAN WAELDEREN KAREL					Q-time: 01:37:05
PB (50m pool): no time					PB (25m pool): 01:37.05 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 : 8 Athlete: DOUWEN MON					Q-time: 01:38:05
PB (50m pool): no time					PB (25m pool): 01:38.05 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:7, starttime: 15:50
Heat: 7/12 Lane : 2 Athlete: MEULEMANS LARS					Q-time: 01:18:50
PB (50m pool): 01:24.60 Antwerpen 13/07/2025					PB (25m pool): 01:18.50 SB: no time
	5 0 M	1 0 0 M			
PB	00:41.15	01:24.60			
	00:41.15	00:43.45			
					

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+			Heat:9, starttime: 15:55
Heat: 9/12 Lane : 4 Athlete: VAN GEEL CIS			Q-time: 01:09:70
PB (50m pool): 01:13.79 Eindhoven 16/03/2025			PB (25m pool): 01:09.70 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.88	01:13.79	
	00:35.88	00:37.91	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:10, starttime: 15:57
Heat: 10/12 Lane : 1 Athlete: SLUYTS JENNE			Q-time: 01:07:73
PB (50m pool): 01:10.29 Eindhoven 16/03/2025			PB (25m pool): 01:07.13 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.86	01:10.29	
	00:33.86	00:36.43	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:11, starttime: 16:00
Heat: 11/12 Lane : 4 Athlete: SLUYTS TIBE			Q-time: 01:03:87
PB (50m pool): 01:09.33 Antwerpen 20/07/2025			PB (25m pool): 01:03.87 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.12	01:09.33	
	00:33.12	00:36.21	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:8, starttime: 16:23
Heat: 8/11 Lane : 6 Athlete: LEMMENS FEBE			Q-time: 01:13:39
PB (50m pool): 01:17.54 Eindhoven 16/03/2025			PB (25m pool): 01:13.39 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.44	01:17.54	
	00:36.44	00:41.10	
			

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:10, starttime: 16:28
Heat: 10/11 Lane : 7 Athlete: VAN AERSCHOT NEL				Q-time: 01:11:63
PB (50m pool): 01:15.47 Mol 22/06/2025				PB (25m pool): 01:11.63 SB: no time
	5 0 M	1 0 0 M		
PB	00:36.31	01:15.47		
	00:36.31	00:39.16		
				

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:1, starttime: 16:32
Heat: 1/5 Lane : 6 Athlete: MERTENS GIJS					Q-time: 03:23:73
PB (50m pool): no time					PB (25m pool): 03:23.73 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	no time	
	no time				
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:2, starttime: 16:37
Heat: 2/5 Lane : 4 Athlete: BREBELS NIELS					Q-time: 02:43:26
PB (50m pool): 02:56.21 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 02:43.26 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.08	01:22.54	02:17.83	02:56.21	
	00:38.08	00:44.46	00:55.29	00:38.38	
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:4, starttime: 16:44
Heat: 4/5 Lane : 4 Athlete: SLUYTS TIBE					Q-time: 02:26:82
PB (50m pool): 02:32.13 Antwerpen 20/07/2025					PB (25m pool): 02:26.82 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.80	01:10.86	01:57.15	02:32.13	
	00:32.80	00:38.06	00:46.29	00:34.98	
					

Coach feedback:

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Event number: 37: 200M MEDLEY MEN 13+					Heat:5, starttime: 16:47
Heat: 5/5 Lane : 2 Athlete: GYULNAZARYAN MAX					Q-time: 02:24:21
PB (50m pool): 02:31.59 Antwerpen 20/07/2025					PB (25m pool): 02:24.21 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.60	01:10.17	01:57.97	02:31.59	
	00:31.60	00:38.57	00:47.80	00:33.62	
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:5, starttime: 16:47
Heat: 5/5 Lane : 6 Athlete: VAN WAELDEREN THOMAS					Q-time: 02:19:53
PB (50m pool): 02:19.53 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 02:14.89 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.72	01:05.47	01:47.64	02:19.53	
	00:28.72	00:36.75	00:42.17	00:31.89	
					

Coach feedback: