

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

Coachinfo: Warming up from: 13:00 untill 14:00. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Dekker Tamiko HEADCOACH

Coaches: Van Dooren Glenn

Coaches: Faes Sandra

Coaches: Blaton Joke

Coaches: Wouters Ivan

Coaches: Vanhaesebroeck Nicolas

Coaches: Neiryneck Jan

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 : 5 Athlete: LENAERTS RUBEN Q-time: 01:51:04

PB (50m pool): no time PB (25m pool): 01:51.04 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:4, starttime: 14:08

Heat: 4/5 Lane : 5 Athlete: VANHAESEBROECK LOUIS-EMILE Q-time: 01:39:61

PB (50m pool): 01:48.43 Antwerpen 13/07/2025 PB (25m pool): 01:39.61 SB: no time

	5 0 M	1 0 0 M	
PB	00:52.19	01:48.43	
	00:52.19	00:56.24	
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12 Heat:4, starttime: 14:08

Heat: 4/5 Lane : 7 Athlete: TILLEUIL NATHAN Q-time: 01:43:96

PB (50m pool): 01:43.98 Antwerpen 13/07/2025 PB (25m pool): 01:43.96 SB: no time

	5 0 M	1 0 0 M	
PB	00:49.62	01:43.98	
	00:49.62	00:54.36	
			

Coach feedback:

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Event number: 30: 100M BREASTSTROKE MEN 11-12			Heat:5, starttime: 14:11
Heat: 5/5 Lane : 8 Athlete: CAMBRé ARTHUR			Q-time: 01:37:58
PB (50m pool): 01:49.25 Antwerpen 13/07/2025			PB (25m pool): 01:37.58 SB: no time
	5 0 M	1 0 0 M	
PB	00:52.17	01:49.25	
	00:52.17	00:57.08	
			

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:2, starttime: 14:15
Heat: 2/11 Lane : 4 Athlete: THIJSBAERT NIO			Q-time: 00:32:39
PB (50m pool): no time			PB (25m pool): 00:32.39 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:3, starttime: 14:16
Heat: 3/11 Lane : 3 Athlete: GISCA DANIIL			Q-time: 00:31:27
PB (50m pool): no time			PB (25m pool): 00:31.27 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:5, starttime: 14:18
Heat: 5/11 Lane : 6 Athlete: VERDONCK STAN			Q-time: 00:28:90
PB (50m pool): no time			PB (25m pool): 00:28.90 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

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Event number: 31: 50M FREESTYLE MEN 13+		Heat:6, starttime: 14:20
Heat: 6/11	Lane : 4	Athlete: VAN DOOREN WARRE
PB (50m pool): no time		PB (25m pool): 00:27.77 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:7, starttime: 14:21
Heat: 7/11	Lane : 5	Athlete: KEKEC SAMIR
PB (50m pool): 00:28.79 Antwerpen 13/07/2025		PB (25m pool): 00:27.16 SB: no time
	5 0 M	
PB	00:28.79	
	00:28.79	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:11, starttime: 14:26
Heat: 11/11	Lane : 5	Athlete: VAN EGDOM WOUT
PB (50m pool): 00:24.19 Antwerpen 28/07/2024		PB (25m pool): 00:23.60 SB: no time
	5 0 M	
PB	00:24.19	
	00:24.19	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:3, starttime: 14:30
Heat: 3/14	Lane : 3	Athlete: DIRICKX FINNE
PB (50m pool): no time		PB (25m pool): 00:34.03 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:4, starttime: 14:31
Heat: 4/14 Lane : 4 Athlete: GEELLEN GUUSJE		Q-time: 00:32:61
PB (50m pool): 00:32.61 Antwerpen 13/07/2025 PB (25m pool): 00:32.80 SB: no time		
	5 0 M	
PB	00:32.61	
	00:32.61	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:6, starttime: 14:34
Heat: 6/14 Lane : 7 Athlete: BASSTANIE LIENE		Q-time: 00:31:78
PB (50m pool): no time PB (25m pool): 00:31.78 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 : 2 Athlete: CLAES JADE		Q-time: 00:31:47
PB (50m pool): 00:38.86 Eindhoven 24/03/2024 PB (25m pool): 00:31.47 SB: no time		
	5 0 M	
PB	00:38.86	
	00:38.86	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:11, starttime: 14:40
Heat: 11/14 Lane : 8 Athlete: VANHAESEBROECK MARIE-ELINE		Q-time: 00:29:76
PB (50m pool): 00:29.76 Antwerpen 13/07/2025 PB (25m pool): 00:29.91 SB: no time		
	5 0 M	
PB	00:29.76	
	00:29.76	
		

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:13, starttime: 14:43	
Heat: 13/14 Lane : 1 Athlete: DELIEN FLOOR				Q-time: 00:28:75	
PB (50m pool): 00:29.44 Olympic Pool Wezenberg, Antwer 30/07/2025 PB (25m pool): 00:28.75 SB: no time					
	5 0 M				
PB	00:29.44				
	00:29.44				
					

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:13, starttime: 14:43	
Heat: 13/14 Lane : 8 Athlete: LEMBRECHTS SOPHIE				Q-time: 00:28:93	
PB (50m pool): 00:29.77 Olympic Pool Wezenberg, Antwer 30/07/2025 PB (25m pool): 00:28.93 SB: no time					
	5 0 M				
PB	00:29.77				
	00:29.77				
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:3, starttime: 14:54
Heat: 3/4 Lane : 3 Athlete: WYNANTS WARD				Q-time: 02:42:13	
PB (50m pool): no time		PB (25m pool): 02:42.13 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:

Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:10
Heat: 3/4 Lane : 3 Athlete: BASSTANIE LIENE				Q-time: 03:00:02	
PB (50m pool): 03:02.88 Antwerpen 13/07/2025			PB (25m pool): 03:00.02 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.68	01:28.42	02:15.35	03:02.88	
	00:41.68	00:46.74	00:46.93	00:47.53	
					

Coach feedback:

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Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:14
Heat: 4/4 Lane : 6 Athlete: VINGERHOETS MADELIEF					Q-time: 02:48:68
PB (50m pool): 02:48.68 Antwerpen 20/04/2025					PB (25m pool): 02:47.29 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.58	01:21.36	02:04.62	02:48.68	
	00:38.58	00:42.78	00:43.26	00:44.06	
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 15:36
Heat: 2/12 Lane : 3 Athlete: LENAERTS RUBEN					Q-time: 01:35:13
PB (50m pool): no time					PB (25m pool): 01:35.13 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:3, starttime: 15:39
Heat: 3/12 Lane : 1 Athlete: VANHAESEBROECK LOUIS-EMILE					Q-time: 01:32:61
PB (50m pool): 01:34.05 Antwerpen 13/07/2025					PB (25m pool): 01:32.61 SB: no time
	5 0 M	1 0 0 M			
PB	00:46.88	01:34.05			
	00:46.88	00:47.17			
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 15:42
Heat: 4/12 Lane : 6 Athlete: CAMBRé ARTHUR					Q-time: 01:26:89
PB (50m pool): 01:37.70 Antwerpen 13/07/2025					PB (25m pool): 01:26.89 SB: no time
	5 0 M	1 0 0 M			
PB	00:49.43	01:37.70			
	00:49.43	00:48.27			
					

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 15:44
Heat: 5/12 Lane : 2 Athlete: TILLEUIL NATHAN			Q-time: 01:24:06
PB (50m pool): 01:27.44 Antwerpen 13/07/2025			PB (25m pool): 01:24.06 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.03	01:27.44	
	00:43.03	00:44.41	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 15:50
Heat: 7/12 Lane : 1 Athlete: GISCA DANIIL			Q-time: 01:19:19
PB (50m pool): 01:24.45 Antwerpen 13/07/2025			PB (25m pool): 01:19.19 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.74	01:24.45	
	00:40.74	00:43.71	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 15:50
Heat: 7/12 Lane : 5 Athlete: THIJSBAERT NIO			Q-time: 01:18:32
PB (50m pool): 01:19.68 Antwerpen 20/07/2025			PB (25m pool): 01:18.32 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.78	01:19.68	
	00:37.78	00:41.90	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:9, starttime: 15:55
Heat: 9/12 Lane : 7 Athlete: VERDONCK STAN			Q-time: 01:13:11
PB (50m pool): 01:22.61 Olympic Pool Wezenberg, Antwer 30/03/2025			PB (25m pool): 01:13.11 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.47	01:22.61	
	00:40.47	00:42.14	
			

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+			Heat:11, starttime: 16:00
Heat: 11/12 Lane : 5 Athlete: VAN DOOREN WARRE			Q-time: 01:04:11
PB (50m pool): 01:08.16 Olympic Pool Wezenberg, Antwer 30/03/25 PB (25m pool): 01:04.11 SB: no time			
	5 0 M	1 0 0 M	
PB	00:33.26	01:08.16	
	00:33.26	00:34.90	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:12, starttime: 16:02
Heat: 12/12 Lane : 5 Athlete: VAN EGDOM WOUT			Q-time: 00:58:24
PB (50m pool): 01:01.02 Antwerpen 21/04/2024 PB (25m pool): 00:57.90 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:01.02	
	no time		
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:3, starttime: 16:10
Heat: 3/11 Lane : 6 Athlete: VAN CAUWENBERGE NORAH			Q-time: 01:28:00
PB (50m pool): no time PB (25m pool): 01:28.00 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:3, starttime: 16:10
Heat: 3/11 Lane : 7 Athlete: DIRICKX FINNE			Q-time: 01:28:94
PB (50m pool): 01:32.64 Antwerpen 13/07/2025 PB (25m pool): 01:28.94 SB: no time			
	5 0 M	1 0 0 M	
PB	00:44.60	01:32.64	
	00:44.60	00:48.04	
			

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:3, starttime: 16:10
Heat: 3/11 Lane : 8 Athlete: GEELLEN GUUSJE			Q-time: 01:29:20
PB (50m pool): 01:29.20 Antwerpen 13/07/2025			PB (25m pool): 01:44.58 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.51	01:29.20	
	00:43.51	00:45.69	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:5, starttime: 16:15
Heat: 5/11 Lane : 2 Athlete: CLAES JADE			Q-time: 01:20:52
PB (50m pool): 01:26.62 Antwerpen 13/07/2025			PB (25m pool): 01:20.47 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.79	01:26.62	
	00:42.79	00:43.83	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:7, starttime: 16:20
Heat: 7/11 Lane : 1 Athlete: LEMBRECHTS SOPHIE			Q-time: 01:16:44
PB (50m pool): 01:19.18 Antwerp 04/02/2024			PB (25m pool): 01:12.78 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:19.18	
	no time		
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:9, starttime: 16:25
Heat: 9/11 Lane : 2 Athlete: BASSTANIE LIENE			Q-time: 01:12:85
PB (50m pool): 01:16.09 Antwerpen 20/07/2025			PB (25m pool): 01:12.85 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.14	01:16.09	
	00:37.14	00:38.95	
			

Coach feedback:

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

Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:11, starttime: 16:30	
Heat: 11/11 Lane : 1 Athlete: DELIEN FLOOR				Q-time: 01:09:75	
PB (50m pool): 01:10.81 Antwerpen 27/07/2025				PB (25m pool): 01:09.60 SB: no time	
	5 0 M	1 0 0 M			
PB	00:34.80	01:10.81			
	00:34.80	00:36.01			
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:3, starttime: 16:40	
Heat: 3/5 Lane : 6 Athlete: KEKEC SAMIR					Q-time: 02:33:41	
PB (50m pool): 02:38.15 Antwerpen 13/07/2025					PB (25m pool): 02:33.41 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:32.51	01:15.75	02:02.26	02:38.15		
	00:32.51	00:43.24	00:46.51	00:35.89		
						

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:4, starttime: 16:44	
Heat: 4/5 Lane : 3 Athlete: VAN DOOREN WARRE					Q-time: 02:27:56	
PB (50m pool): 02:51.52 Eindhoven 24/03/2024					PB (25m pool): 02:27.56 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	02:51.52		
	no time					
						

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:5, starttime: 16:47	
Heat: 5/5 Lane : 1 Athlete: WYNANTS WARD					Q-time: 02:25:60	
PB (50m pool): 02:54.33 Eindhoven 24/03/2024					PB (25m pool): 02:25.60 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	02:54.33		
	no time					
						

Coach feedback: