

200M KST: Session: 1: COACH evaluation sheet for TEAM: BRABO

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Maesen Wout HEADCOACH

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 2: 200M MEDLEY WOMEN 11+

Heat:1, starttime: 14:03

Heat: 1/8 Lane : 1 Athlete: LACROIX MERIN

Q-time: 99:99:99

PB (25m pool): no time

PB (50m pool): no time SB: no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+

Heat:2, starttime: 14:07

Heat: 2/8 Lane : 5 Athlete: BLOCK OLIVIA

Q-time: 99:99:99

PB (25m pool): no time

PB (50m pool): no time SB: no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+

Heat:3, starttime: 14:11

Heat: 3/8 Lane : 3 Athlete: HERMANS MORI

Q-time: 03:37:06

PB (25m pool): 03:37.06 Antwerpen 12/10/2025

PB (50m pool): no time SB: 03:37.06 Antwerpen 12/10/2025

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:49.86		01:42.37		02:46.44		03:37.06
	00:49.86		00:52.51		01:04.07		00:50.62	
								

Coach feedback:

200M KST: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 14:11	
Heat: 3/8 Lane : 5 Athlete: BRAEKMANS ELLA							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time			SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 14:15	
Heat: 4/8 Lane : 4 Athlete: MAESEN AMÉLIE							Q-time: 03:27:38	
PB (25m pool): 03:27.38 Antwerpen 12/10/2025			PB (50m pool): no time SB: 03:27.38 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:45.05		01:36.90		02:37.93		03:27.38
	00:45.05		00:51.85		01:01.03		00:49.45	
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 14:15	
Heat: 4/8 Lane : 5 Athlete: BOLSIOUS CAROLINE							Q-time: 03:35:13	
PB (25m pool): 03:35.13 Antwerpen 12/10/2025			PB (50m pool): no time SB: 03:35.13 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:49.87		01:42.73		02:45.60		03:35.13
	00:49.87		00:52.86		01:02.87		00:49.53	
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 14:15	
Heat: 4/8 Lane : 6 Athlete: JANSEN RENÉE							Q-time: 03:36:90	
PB (25m pool): 03:36.90 Antwerpen 12/10/2025			PB (50m pool): no time SB: 03:36.90 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:47.60		01:42.15		02:46.16		03:36.90
	00:47.60		00:54.55		01:04.01		00:50.74	
								

Coach feedback:

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Event number: 2: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 14:19	
Heat: 5/8 Lane : 3 Athlete: DE WIT FLORE							Q-time: 03:06:81	
PB (25m pool): 03:06.81 Meulebeke 18/05/2025				PB (50m pool): 02:51.84 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:42.48		no time		no time		03:06.81
	00:42.48							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 14:23	
Heat: 6/8 Lane : 5 Athlete: VANDENVEN SAAR							Q-time: 03:02:48	
PB (25m pool): 03:02.48 Kapellen 21/12/2025			PB (50m pool): 03:02.41 SB: 03:02.48 Kapellen 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.27		no time		no time		03:02.48
	00:41.27							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:3, starttime: 14:41	
Heat: 3/6 Lane : 3 Athlete: BOGAERS LEON							Q-time: 03:25:49	
PB (25m pool): 03:25.49 Antwerpen 12/10/2025				PB (50m pool): no time SB: 03:25.49 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:48.43		01:40.77		02:36.60		03:25.49
	00:48.43		00:52.34		00:55.83		00:48.89	
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:4, starttime: 14:45	
Heat: 4/6 Lane : 6 Athlete: EGGERMONT OLIVER							Q-time: 03:24:65	
PB (25m pool): 03:24.65 Antwerpen 12/10/2025				PB (50m pool): no time SB: 03:24.65 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:48.51		01:38.80		02:39.37		03:24.65
	00:48.51		00:50.29		01:00.57		00:45.28	
								

Coach feedback:

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Event number: 3: 200M MEDLEY MEN 11+							Heat:5, starttime: 14:49	
Heat: 5/6 Lane : 5 Athlete: LENAERTS JOPPE							Q-time: 02:56:10	
PB (25m pool): 02:56.10 Kapellen 21/12/2025				PB (50m pool): 02:58.66SB: 02:56.10 Kapellen 21/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.70		no time		no time		02:56.10
	00:38.70							
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 15:38	
Heat: 1/5 Lane : 3 Athlete: JANSEN RENÉE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 15:38	
Heat: 1/5 Lane : 4 Athlete: VANDENVEN SAAR							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:42	
Heat: 2/5 Lane : 2 Athlete: LACROIX MERIN							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

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Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:42	
Heat: 2/5 Lane : 3 Athlete: BLOCK OLIVIA							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time			SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 9: 200M BREASTSTROKE MEN 11+							Heat:1, starttime: 15:59	
Heat: 1/4 Lane : 4 Athlete: BOGAERS LEON							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time			SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 9: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 16:04	
Heat: 2/4 Lane : 3 Athlete: EGGERMONT OLIVER							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 9: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 16:04	
Heat: 2/4 Lane : 4 Athlete: LENAERTS JOPPE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

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Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:22	
Heat: 1/7 Lane : 2 Athlete: BOLSIUS CAROLINE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time			SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:22	
Heat: 1/7 Lane : 4 Athlete: HERMANS MORI							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:26	
Heat: 2/7 Lane : 1 Athlete: BRAEKMANS ELLA							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:26	
Heat: 2/7 Lane : 4 Athlete: MAESEN AMÉLIE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

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Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:40	
Heat: 6/7 Lane : 2 Athlete: DE WIT FLORE							Q-time: 02:35:94	
PB (25m pool): 02:35.94 Antwerpen 12/10/2025				PB (50m pool): 03:26.83SB: 02:35.94 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.80		01:15.19		01:56.06		02:35.94
	00:35.80		00:39.39		00:40.87		00:39.88	
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:6, starttime: 17:04	
Heat: 6/6 Lane : 5 Athlete: CEUSTERS ROBIN							Q-time: 02:24:59	
PB (25m pool): 02:24.59 Antwerpen 12/10/2025				PB (50m pool): 02:29.52 SB: 02:24.59 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.07		01:09.55		01:47.36		02:24.59
	00:33.07		00:36.48		00:37.81		00:37.23	
								

Coach feedback:

Event number: 14: 200M BUTTERFLY MEN 11+							Heat:1, starttime: 17:11	
Heat: 1/1 Lane : 6 Athlete: IMBERT OTIS							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback: