

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

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van der Eycken Ann HEADCOACH

PB => Personal Best time

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

Event number: 1: 200M MEDLEY MIXED 9-10							Heat:1, starttime: 14:00	
Heat: 1/1 Lane : 4 Athlete: JANSEN NICOLAS							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:1, starttime: 14:03	
Heat: 1/8 Lane : 2 Athlete: LUKIN ARINA							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:1, starttime: 14:03	
Heat: 1/8 Lane : 4 Athlete: NIEWENWEG LENTE							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: 2: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 14:07	
Heat: 2/8 Lane : 2 Athlete: VANGOIDSENHOVEN CARO							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:2, starttime: 14:07	
Heat: 2/8 Lane : 4 Athlete: NIEWENWEG STERRE							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:3, starttime: 14:11	
Heat: 3/8 Lane : 4 Athlete: VERMEERSCH DEGELIN COLETTE							Q-time: 03:43:41	
PB (25m pool): 03:43.41 Arendonk 30/11/2025			PB (50m pool): no time SB: 03:43.41 Arendonk 30/11/2025					
	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		00:56.02		no time		no time		03:43.41
	00:56.02							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 14:23	
Heat: 6/8 Lane : 3 Athlete: DIERCKX ASTRID							Q-time: 02:57:79	
PB (25m pool): 02:57.79 Antwerpen 12/10/2025			PB (50m pool): 02:49.38SB: 02:57.79 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		00:40.17		01:27.21		02:17.82		02:57.79
	00:40.17		00:47.04		00:50.61		00:39.97	
								

Coach feedback:

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Event number: 2: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 14:23	
Heat: 6/8 Lane : 4 Athlete: BOEYKENS EMMA							Q-time: 03:00:60	
PB (25m pool): 02:52.94 Mol 29/12/2024				PB (50m pool): 03:00.60 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		00:39.62		01:24.07		02:13.39		02:52.94
	00:39.62		00:44.45		00:49.32		00:39.55	
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 14:26	
Heat: 7/8 Lane : 1 Athlete: CAMPFORTS FIEN							Q-time: 02:55:41	
PB (25m pool): 02:51.31 Arendonk 01/12/2024				PB (50m pool): 02:54.02SB: 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		00:38.62		no time		no time		02:51.31
	00:38.62							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 14:26	
Heat: 7/8 Lane : 5 Athlete: VAN GESTEL FRAN							Q-time: 02:53:35	
PB (25m pool): 02:53.35 Parklaan 58, Turnhout 30/03/2025 PB (50m pool): 03:09.13SB: 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		00:38.72		no time		no time		02:53.35
	00:38.72							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 14:29	
Heat: 8/8 Lane : 4 Athlete: LAUWERS LOTTE							Q-time: 02:43:02	
PB (25m pool): 02:43.02 2370 Arendonk 21/12/2025				PB (50m pool): 02:53.25SB: 02:43.02 2370 Arendonk 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		00:34.39		no time		no time		02:43.02
	00:34.39							
								

Coach feedback:

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Event number: 3: 200M MEDLEY MEN 11+							Heat:1, starttime: 14:33	
Heat: 1/6 Lane : 4 Athlete: SAZONOV VICTOR							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: 3: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:37	
Heat: 2/6 Lane : 2 Athlete: KENIS AXL							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: 3: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:37	
Heat: 2/6 Lane : 4 Athlete: DEBONDT MATS							Q-time: 99:99:99	
PB (25m pool): 02:43.04 Parklaan 58, Turnhout 24/03/2024 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		02:43.04
	no time							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:3, starttime: 14:41	
Heat: 3/6 Lane : 5 Athlete: VANDERHALLEN JISSE							Q-time: 03:35:40	
PB (25m pool): 03:35.40 Arendonk 30/11/2025			PB (50m pool): no time SB: 03:35.40 Arendonk 30/11/2025					
	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		00:49.50		no time		no time		03:35.40
	00:49.50							
								

Coach feedback:

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

Event number: 3: 200M MEDLEY MEN 11+							Heat:4, starttime: 14:45	
Heat: 4/6 Lane : 3 Athlete: STABEL JONATHAN							Q-time: 03:01:81	
PB (25m pool): 03:01.81 Mol 28/12/2025				PB (50m pool): 03:05.09SB: 03:01.81 Mol 28/12/2025				
	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		00:42.85		01:28.51		02:22.09		03:01.81
	00:42.85		00:45.66		00:53.58		00:39.72	
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:4, starttime: 14:45	
Heat: 4/6 Lane : 5 Athlete: ADAMS MATHIS							Q-time: 03:09:93	
PB (25m pool): 03:09.93 Heist-op-den-Berg 10/01/2026				PB (50m pool): 03:20.58SB: 03:09.93 Heist-op-den-Berg 10/01/2026				
	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		00:44.38		no time		no time		03:09.93
	00:44.38							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:5, starttime: 14:49	
Heat: 5/6 Lane : 2 Athlete: REYMEN RHUNE							Q-time: 02:56:03	
PB (25m pool): 02:56.03 Heist-op-den-Berg 10/01/2026				PB (50m pool): 03:00.47 SB: 02:56.03 Heist-op-den-Berg 10/01/2026				
	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		00:41.13		no time		no time		02:56.03
	00:41.13							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:6, starttime: 14:52	
Heat: 6/6 Lane : 1 Athlete: LEYSEN JEROEN							Q-time: 02:46:68	
PB (25m pool): 02:46.68 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:57.06SB: 02:46.68 Heist-op-den-Berg 10/01/2026				
	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		00:37.02		no time		no time		02:46.68
	00:37.02							
								

Coach feedback:

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

Event number: 3: 200M MEDLEY MEN 11+							Heat:6, starttime: 14:52	
Heat: 6/6 Lane : 2 Athlete: STABEL JASPER							Q-time: 02:28:52	
PB (25m pool): 02:28.52 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:33.24SB: 02:28.52 Heist-op-den-Berg 10/01/2026				
	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		00:32.06		no time		no time		02:28.52
	00:32.06							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:6, starttime: 14:52	
Heat: 6/6 Lane : 3 Athlete: SAZONOV FEDOR							Q-time: 02:15:76	
PB (25m pool): 02:13.56 Mol 29/12/2024				PB (50m pool): 02:21.38SB: 02:16.63 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		00:29.55		01:04.05		01:41.88		02:13.56
	00:29.55		00:34.50		00:37.83		00:31.68	
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:6, starttime: 14:52	
Heat: 6/6 Lane : 4 Athlete: BOEYKENS STIJN							Q-time: 02:27:22	
PB (25m pool): 02:27.22 Parklaan 58, Turnhout 30/03/2025							PB (50m pool): 02:28.65SB: 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		00:30.22		no time		no time		02:27.22
	00:30.22							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:6, starttime: 14:52	
Heat: 6/6 Lane : 6 Athlete: LEYSEN BENJAMIN							Q-time: 02:50:35	
PB (25m pool): 02:50.35 Temse 17/11/2025			PB (50m pool): 02:47.16SB: 02:50.35 Temse 17/11/2025					
	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		00:37.63		01:22.79		02:13.12		02:50.35
	00:37.63		00:45.16		00:50.33		00:37.23	
								

Coach feedback:

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

Event number: 4: 200M BACKSTROKE MIXED 9-10							Heat:1, starttime: 14:56	
Heat: 1/1 Lane : 3 Athlete: JANSEN JONATHAN							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: 6: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 15:08	
Heat: 1/3 Lane : 1 Athlete: BANCIU ADAM							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: 6: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 15:08	
Heat: 1/3 Lane : 2 Athlete: REYMEN RHUNE							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: 6: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 15:08	
Heat: 1/3 Lane : 5 Athlete: MICHIELS TJEN							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:

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

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 15:12	
Heat: 2/3 Lane : 3 Athlete: LEYSEN JEROEN							Q-time: 02:58:97	
PB (25m pool): no time			PB (50m pool): 02:58.97 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: 6: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 15:16	
Heat: 3/3 Lane : 3 Athlete: DEBONDT MATS							Q-time: 02:31:44	
PB (25m pool): no time			PB (50m pool): 02:31.44SB: 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: 7: 200M BREASTSTROKE MIXED 9-10							Heat:1, starttime: 15:19	
Heat: 1/1 Lane : 3 Athlete: ADAMS LOUISE							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: 7: 200M BREASTSTROKE MIXED 9-10							Heat:1, starttime: 15:19	
Heat: 1/1 Lane : 4 Athlete: LEYSEN MATHIJS							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:

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

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:42	
Heat: 2/5 Lane : 5 Athlete: CAMPFORTS FIEN							Q-time: 99:99:99	
PB (25m pool): 03:11.51 Arendonk 22/12/2024				PB (50m pool): 03:38.14SB: 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		00:42.07		01:31.02		no time		03:11.51
	00:42.07		00:48.95					
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 15:47	
Heat: 3/5 Lane : 1 Athlete: VAN OTTEN NOOMI							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:3, starttime: 15:47	
Heat: 3/5 Lane : 2 Athlete: GIRARD ESSIA							Q-time: 03:50:45	
PB (25m pool): 03:50.45 2370 Arendonk 21/12/2025				PB (50m pool): no time SB: 03:50.45 2370 Arendonk 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		00:50.62		01:49.31		no time		03:50.45
	00:50.62		00:58.69					
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 15:47	
Heat: 3/5 Lane : 5 Athlete: NIEWENWEG LENTE							Q-time: 04:04:33	
PB (25m pool): 04:04.33 Parklaan 58, Turnhout 30/03/2025							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		00:54.75		01:57.16		no time		04:04.33
	00:54.75		01:02.41					
								

Coach feedback:

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

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 15:51	
Heat: 4/5 Lane : 1 Athlete: NIEWENWEG STERRE							Q-time: 03:41:85	
PB (25m pool): 03:41.85 Parklaan 58, Turnhout 30/03/2025 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		00:50.62		01:47.89		no time		03:41.85
	00:50.62		00:57.27					
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 15:51	
Heat: 4/5 Lane : 2 Athlete: VANGOIDSENHOVEN CARO							Q-time: 03:35:81	
PB (25m pool): 03:35.81 Heist-op-den-Berg 10/01/2026 PB (50m pool): no time SB: 03:35.81 Heist-op-den-Berg 10/01/2026								
	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		00:48.91		01:44.48		no time		03:35.81
	00:48.91		00:55.57					
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 15:51	
Heat: 4/5 Lane : 6 Athlete: VERMEERSCH DEGELIN COLETTE							Q-time: 03:43:99	
PB (25m pool): 03:43.99 Mol 28/12/2025								

Coach feedback:

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 15:55	
Heat: 5/5 Lane : 4 Athlete: VAN GESTEL FRAN							Q-time: 03:06:86	
PB (25m pool): 03:06.86 Parklaan 58, Turnhout 30/03/2025 PB (50m pool): 03:24.04SB: 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		00:41.73		01:29.61		no time		03:06.86
	00:41.73		00:47.88					
								

Coach feedback:

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

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 15:55	
Heat: 5/5 Lane : 5 Athlete: DIERCKX ASTRID							Q-time: 03:17:13	
PB (25m pool): 03:17.13 Antwerpen 12/10/2025				PB (50m pool): 03:28.02SB: 03:17.13 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		00:43.88		01:34.52		02:25.92		03:17.13
	00:43.88		00:50.64		00:51.40		00:51.21	
								

Coach feedback:

Event number: 9: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 16:09	
Heat: 3/4 Lane : 2 Athlete: BANCIU ADAM							Q-time: 03:26:43	
PB (25m pool): 03:26.43 Mol 28/12/2025			PB (50m pool): no time SB: 03:26.43 Mol 28/12/2025					
	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		00:47.21		01:39.68		02:33.38		03:26.43
	00:47.21		00:52.47		00:53.70		00:53.05	
								

Coach feedback:

Event number: 9: 200M BREASTSTROKE MEN 11+							Heat:4, starttime: 16:13	
Heat: 4/4 Lane : 3 Athlete: SAZONOV FEDOR							Q-time: 02:33:07	
PB (25m pool): 02:32.75 Kalmthout 25/02/2024				PB (50m pool): 02:35.40 SB: 02:33.07 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		no time		no time		no time		02:32.75
	no time							
								

Coach feedback:

Event number: 9: 200M BREASTSTROKE MEN 11+							Heat:4, starttime: 16:13	
Heat: 4/4 Lane : 4 Athlete: BOEYKENS STIJN							Q-time: 02:43:32	
PB (25m pool): 02:43.32 Heist Op Den Berg 11/01/2025				PB (50m pool): 02:47.74 SB: 02:45.62 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		00:35.07		01:20.17		no time		02:43.32
	00:35.07		00:45.10					
								

Coach feedback:

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

Event number: 10: 200M FREESTYLE MIXED 9-10							Heat:1, starttime: 16:17	
Heat: 1/1 Lane : 6 Athlete: MARANDUCA SARAH							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 : 5 Athlete: VANGOIDSENHOVEN CARO							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:3, starttime: 16:29	
Heat: 3/7 Lane : 3 Athlete: GIRARD ESSIA							Q-time: 03:30:95	
PB (25m pool): 03:30.95 2370 Arendonk 21/12/2025			PB (50m pool): no time SB: 03:30.95 2370 Arendonk 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		00:45.42		01:38.39		no time		03:30.95
	00:45.42		00:52.97					
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 16:33	
Heat: 4/7 Lane : 2 Athlete: NIEWENWEG LENTE							Q-time: 03:09:37	
PB (25m pool): 03:09.37 Mol 28/12/2025			PB (50m pool): no time SB: 03:09.37 Mol 28/12/2025					
	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		00:42.80		01:31.87		02:21.12		03:09.37
	00:42.80		00:49.07		00:49.25		00:48.25	
								

Coach feedback:

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

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 16:33	
Heat: 4/7 Lane : 3 Athlete: LUKIN ARINA							Q-time: 03:07:19	
PB (25m pool): 03:07.19 Kalmthout 23/02/2025				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		00:41.67		01:28.88		no time		03:07.19
	00:41.67		00:47.21					
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 16:33	
Heat: 4/7 Lane : 4 Athlete: NIEWENWEG STERRE							Q-time: 03:08:64	
PB (25m pool): 03:08.64 Mol 28/12/2025				PB (50m pool): no time SB: 03:08.64 Mol 28/12/2025				
	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		00:42.09		01:29.60		02:20.09		03:08.64
	00:42.09		00:47.51		00:50.49		00:48.55	
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:40	
Heat: 6/7 Lane : 4 Athlete: VAN GESTEL FRAN							Q-time: 02:35:69	
PB (25m pool): 02:35.69 Parklaan 58, Turnhout 30/03/2025				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		00:35.47		01:14.69		no time		02:35.69
	00:35.47		00:39.22					
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:7, starttime: 16:43	
Heat: 7/7 Lane : 2 Athlete: CAMPFORTS FIEN							Q-time: 02:25:91	
PB (25m pool): 02:25.91 Parklaan 58, Turnhout 30/03/2025				PB (50m pool): 02:29.17 SB: 02:26.98 Mol 28/12/2025				
	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		00:33.31		01:10.21		no time		02:25.91
	00:33.31		00:36.90					
								

Coach feedback:

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

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:7, starttime: 16:43	
Heat: 7/7 Lane : 3 Athlete: LAUWERS LOTTE							Q-time: 02:22:76	
PB (25m pool): 02:22.57 Kapellen 21/05/2023				PB (50m pool): 02:27.79SB: 02:22.76 Mol 28/12/2025				
	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		no time		no time		no time		02:22.57
	no time							
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:7, starttime: 16:43	
Heat: 7/7 Lane : 6 Athlete: BOEYKENS EMMA							Q-time: 02:32:34	
PB (25m pool): 02:32.34 Antwerpen 12/10/2025				PB (50m pool): 02:39.11 SB: 02:32.34 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		00:35.09		01:14.34		01:53.65		02:32.34
	00:35.09		00:39.25		00:39.31		00:38.69	
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:1, starttime: 16:47	
Heat: 1/6 Lane : 4 Athlete: MICHIELS TJEN							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: 12: 200M FREESTYLE MEN 11+							Heat:2, starttime: 16:50	
Heat: 2/6 Lane : 5 Athlete: VANDERHALLEN JISSE							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:

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

Event number: 12: 200M FREESTYLE MEN 11+							Heat:3, starttime: 16:54	
Heat: 3/6 Lane : 4 Athlete: SAZONOV VICTOR							Q-time: 03:26:73	
PB (25m pool): 03:26.73 Parklaan 58, Turnhout 30/03/2025				PB (50m pool): 03:34.92 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		00:45.00		01:39.27		no time		03:26.73
	00:45.00		00:54.27					
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:4, starttime: 16:58	
Heat: 4/6 Lane : 3 Athlete: REYMEN RHUNE							Q-time: 02:44:97	
PB (25m pool): 02:45.15 2370 Arendonk 21/12/2025				PB (50m pool): 02:39.96 SB: 02:45.15 2370 Arendonk 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		00:37.02		01:17.46		no time		02:45.15
	00:37.02		00:40.44					
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:4, starttime: 16:58	
Heat: 4/6 Lane : 4 Athlete: ADAMS MATHIS							Q-time: 02:53:80	
PB (25m pool): 02:53.80 Antwerpen 12/10/2025				PB (50m pool): 02:58.73SB: 02:53.80 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		00:39.00		01:23.24		02:09.44		02:53.80
	00:39.00		00:44.24		00:46.20		00:44.36	
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:4, starttime: 16:58	
Heat: 4/6 Lane : 5 Athlete: BANCIU ADAM							Q-time: 02:57:54	
PB (25m pool): 02:57.54 2370 Arendonk 21/12/2025				PB (50m pool): 02:56.35SB: 02:57.54 2370 Arendonk 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		00:38.71		01:23.31		no time		02:57.54
	00:38.71		00:44.60					
								

Coach feedback:

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

Event number: 12: 200M FREESTYLE MEN 11+							Heat:4, starttime: 16:58	
Heat: 4/6 Lane : 6 Athlete: KENIS AXL							Q-time: 03:09:42	
PB (25m pool): 03:09.42 Parklaan 58, Turnhout 30/03/2025							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		00:39.67		01:27.23		no time		03:09.42
	00:39.67		00:47.56					
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:5, starttime: 17:01	
Heat: 5/6 Lane : 6 Athlete: STABEL JONATHAN							Q-time: 02:37:70	
PB (25m pool): 02:37.70 2370 Arendonk 21/12/2025							PB (50m pool): 02:35.34 SB: 02:37.70 2370 Arendonk 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		00:35.92		01:15.70		no time		02:37.70
	00:35.92		00:39.78					
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:6, starttime: 17:04	
Heat: 6/6 Lane : 1 Athlete: LEYSEN BENJAMIN							Q-time: 02:25:79	
PB (25m pool): 02:25.79 Antwerpen 12/10/2025							PB (50m pool): 02:47.10 SB: 02:25.79 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		00:32.90		01:09.91		01:48.28		02:25.79
	00:32.90		00:37.01		00:38.37		00:37.51	
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:6, starttime: 17:04	
Heat: 6/6 Lane : 3 Athlete: VAN DYCK BRAM							Q-time: 02:04:38	
PB (25m pool): 02:00.39 Turnhout 26/03/2023							PB (50m pool): 02:05.34 SB: 02:04.38 Mol 28/12/2025	
	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		no time		no time		no time		02:00.39
	no time							
								

Coach feedback:

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

Event number: 12: 200M FREESTYLE MEN 11+							Heat:6, starttime: 17:04	
Heat: 6/6 Lane : 4 Athlete: STABEL JASPER							Q-time: 02:15:33	
PB (25m pool): 02:15.33 Mol 28/12/2025				PB (50m pool): 02:18.96SB: 02:15.33 Mol 28/12/2025				
	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		00:31.48		01:06.82		01:41.95		02:15.33
	00:31.48		00:35.34		00:35.13		00:33.38	
								

Coach feedback:

Event number: 13: 200M BUTTERFLY WOMEN 11+							Heat:1, starttime: 17:07	
Heat: 1/1 Lane : 3 Athlete: LAUWERS LOTTE							Q-time: 99:99:99	
PB (25m pool): 02:58.62 Mol 15/10/2023			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		02:58.62
	no time							
								

Coach feedback:

Event number: 14: 200M BUTTERFLY MEN 11+							Heat:1, starttime: 17:11	
Heat: 1/1 Lane : 3 Athlete: LEYSEN JEROEN							Q-time: 03:04:91	
PB (25m pool): 03:04.91 Sinbad 22/07/2025				PB (50m pool): 03:06.79 SB: 03:08.61 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		00:42.60		01:29.96		no time		03:04.91
	00:42.60		00:47.36					
								

Coach feedback: