

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

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

Coaches: Verbeek Mats

Coaches: Moeskops Kathleen 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 : 5 Athlete: PEETERS KAAT							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 : 1 Athlete: LAMBRECHTS JADE							Q-time: 03:36:09	
PB (25m pool): 03:36.09 3500 Hasselt 23/11/2025			PB (50m pool): no time SB: 03:36.09 3500 Hasselt 23/11/2025					
	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		00:50.47		01:43.34		02:46.62		03:36.09
	00:50.47		00:52.87		01:03.28		00:49.47	
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+ Heat:5, starttime: 14:19

Heat: 5/8 Lane : 5 Athlete: KENIS LOLA							Q-time: 03:16:00	
PB (25m pool): 03:16.00 Aarschot 04/05/2025			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		00:46.97		no time		no time		03:16.00
	00:46.97							
								

Coach feedback:

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

Event number: 3: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:37	
Heat: 2/6 Lane : 3 Athlete: VAN ROOY ILYANO							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:3, starttime: 14:41	
Heat: 3/6 Lane : 1 Athlete: WILMS BRAM							Q-time: 03:39:54	
PB (25m pool): 03:39.54 Antwerpen 12/10/2025			PB (50m pool): no time SB: 03:39.54 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		00:50.86		01:48.41		02:47.99		03:39.54
	00:50.86		00:57.55		00:59.58		00:51.55	
								

Coach feedback:

Event number: 4: 200M BACKSTROKE MIXED 9-10							Heat:1, starttime: 14:56	
Heat: 1/1 Lane : 5 Athlete: VAN GORP FÉLINE							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:2, starttime: 15:12	
Heat: 2/3 Lane : 1 Athlete: VAN STEENBERGEN ARON							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: 6: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 15:12	
Heat: 2/3 Lane : 2 Athlete: BELLENS PIETER							Q-time: 03:03:46	
PB (25m pool): 03:03.46 Parklaan 58, Turnhout 30/03/2025 PB (50m pool): no time SB: 03:08.77 3500 Hasselt 23/11/2025								
	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		00:44.04		01:31.05		no time		03:03.46
	00:44.04		00:47.01					
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 15:12	
Heat: 2/3 Lane : 5 Athlete: JANSSENS ALEXANDER							Q-time: 03:09:70	
PB (25m pool): 03:09.70 Mol 28/12/2025 PB (50m pool): no time SB: 03:09.70 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		00:44.41		01:33.52		02:23.27		03:09.70
	00:44.41		00:49.11		00:49.75		00:46.43	
								

Coach feedback:

Event number: 9: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 16:04	
Heat: 2/4 Lane : 5 Athlete: VAN STEENBERGEN ARON							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:3, starttime: 16:09	
Heat: 3/4 Lane : 6 Athlete: BELLENS PIETER							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: SHARK

Event number: 9: 200M BREASTSTROKE MEN 11+							Heat:4, starttime: 16:13	
Heat: 4/4 Lane : 5 Athlete: VAN GORP TUUR							Q-time: 03:00:70	
PB (25m pool): 03:00.70 3500 Hasselt 23/11/2025				PB (50m pool): 03:13.93SB: 03:00.70 3500 Hasselt 23/11/2025				
	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		00:40.35		01:26.08		02:13.25		03:00.70
	00:40.35		00:45.73		00:47.17		00:47.45	
								

Coach feedback:

Event number: 10: 200M FREESTYLE MIXED 9-10							Heat:1, starttime: 16:17	
Heat: 1/1 Lane : 3 Athlete: DE BIE APOLLINE							Q-time: 03:20:00	
PB (25m pool): 03:20.00 Mol 28/12/2025				PB (50m pool): no time SB: 03:20.00 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		00:44.73		01:37.70		02:30.20		03:20.00
	00:44.73		00:52.97		00:52.50		00:49.80	
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 16:37	
Heat: 5/7 Lane : 6 Athlete: LAMBRECHTS JADE							Q-time: 03:02:14	
PB (25m pool): 03:02.14 LEUVEN 21/12/2025				PB (50m pool): no time SB: 03:02.14 LEUVEN 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		00:40.61		01:27.41		02:16.50		03:02.14
	00:40.61		00:46.80		00:49.09		00:45.64	
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:40	
Heat: 6/7 Lane : 5 Athlete: PEETERS KAAT							Q-time: 02:37:34	
PB (25m pool): 02:37.34 Parklaan 58, Turnhout 30/03/2025				PB (50m pool): no time SB: 02:39.44 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		00:34.28		01:13.06		no time		02:37.34
	00:34.28		00:38.78					
								

Coach feedback:

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

Event number: 12: 200M FREESTYLE MEN 11+							Heat:3, starttime: 16:54	
Heat: 3/6 Lane : 1 Athlete: VERBEEK SEM							Q-time: 99:99:99	
PB (25m pool): 02:00.23 Hasselt 28/11/2021				PB (50m pool): 02:02.83SB: 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		02:00.23
	no time							
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:3, starttime: 16:54	
Heat: 3/6 Lane : 3 Athlete: VAN ROOY ILYANO							Q-time: 03:11:23	
PB (25m pool): 03:11.23 3500 Hasselt 23/11/2025				PB (50m pool): no time SB: 03:11.23 3500 Hasselt 23/11/2025				
	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		00:44.12		01:34.06		02:25.78		03:11.23
	00:44.12		00:49.94		00:51.72		00:45.45	
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:4, starttime: 16:58	
Heat: 4/6 Lane : 2 Athlete: JANSSENS ALEXANDER							Q-time: 02:57:03	
PB (25m pool): 02:57.03 Antwerpen 12/10/2025				PB (50m pool): no time SB: 02:57.03 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		00:38.41		01:23.86		02:10.20		02:57.03
	00:38.41		00:45.45		00:46.34		00:46.83	
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:6, starttime: 17:04	
Heat: 6/6 Lane : 2 Athlete: VAN GORP TUUR							Q-time: 02:22:10	
PB (25m pool): 02:22.10 LEUVEN 21/12/2025				PB (50m pool): no time SB: 02:22.10 LEUVEN 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		00:32.54		01:08.43		01:45.67		02:22.10
	00:32.54		00:35.89		00:37.24		00:36.43	
								

Coach feedback:

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Event number: 14: 200M BUTTERFLY MEN 11+							Heat:1, starttime: 17:11	
Heat: 1/1 Lane : 5 Athlete: WILMS BRAM							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: