

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: KLSVZ

Coachinfo: Warming up from: 08:20 until . Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Sevenants Marc

Coaches: De Punder Wout

Coaches: Roosen Anouk

Coaches: De Decker Tania HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:4, starttime: 09:38

Heat: 4/14 Lane : 6 Athlete: FERNANDEZ PEDRERA TARIK MAISSA Q-time: 01:45:63

PB (50m pool): 01:40.02 Antwerpen 16/07/2023 PB (25m pool): 01:40.35 SB: no time

	50 M	100 M	
PB	no time	01:40.02	
	<i>no time</i>		
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:9, starttime: 09:49

Heat: 9/14 Lane : 8 Athlete: ALLOING MYRTHE Q-time: 01:33:71

PB (50m pool): 01:35.02 Antwerpen 16/07/2023 PB (25m pool): 01:31.53 SB: no time

	50 M	100 M	
PB	no time	01:35.02	
	<i>no time</i>		
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:10, starttime: 09:52

Heat: 10/14 Lane : 2 Athlete: ADAM MAELINE Q-time: 01:29:99

PB (50m pool): 01:32.61 Antwerpen 20/04/2025 PB (25m pool): 01:29.99 SB: no time

	50 M	100 M	
PB	00:42.91	01:32.61	
	<i>00:42.91</i>	<i>00:49.70</i>	
	

Coach feedback:

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: KLSVZ

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:13, starttime: 09:58

Heat: 13/14 Lane : 7 Athlete: AMADOU CAMILLE Q-time: 01:22:14

PB (50m pool): 01:22.81 Antwerpen 27/07/2025 PB (25m pool): 01:22.14 SB: 01:24.74 Wezenberg 03/01/2026

	50 M	100 M	
PB	00:38.36	01:22.81	
	<i>00:38.36</i>	<i>00:44.45</i>	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+ Heat:2, starttime: 10:04

Heat: 2/9 Lane : 8 Athlete: DE MUYTER THOMAS Q-time: 01:40:30

PB (50m pool): no time PB (25m pool): 01:40.30 SB: no time

	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+ Heat:4, starttime: 10:08

Heat: 4/9 Lane : 2 Athlete: JORIS JESSE Q-time: 01:26:66

PB (50m pool): 01:30.48 Antwerpen 13/07/2025 PB (25m pool): 01:26.66 SB: no time

	50 M	100 M	
PB	00:42.19	01:30.48	
	<i>00:42.19</i>	<i>00:48.29</i>	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+ Heat:4, starttime: 10:08

Heat: 4/9 Lane : 6 Athlete: VAN GORP LUCAS Q-time: 01:26:42

PB (50m pool): 01:29.80 Wezenberg 04/01/2026 PB (25m pool): 01:26.42 SB: 01:29.80 Wezenberg 04/01/2026

	50 M	100 M	
PB	00:42.77	01:29.80	
	<i>00:42.77</i>	<i>00:47.03</i>	
	

Coach feedback:

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: KLSVZ

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:5, starttime: 10:11	
Heat: 5/9 Lane : 4 Athlete: CHABOTTIER LARGO		Q-time: 01:21:72	
PB (50m pool): 01:25.20 Antwerpen 20/04/2025		PB (25m pool): 01:21.72 SB: 01:25.95 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M	
PB	00:40.48	01:25.20	
	00:40.48	00:44.72	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:8, starttime: 10:16	
Heat: 8/9 Lane : 3 Athlete: CAMBRON WARD		Q-time: 01:13:64	
PB (50m pool): 01:20.33 Antwerpen 13/07/2025		PB (25m pool): 01:13.64 SB: no time	
	5 0 M	1 0 0 M	
PB	00:37.12	01:20.33	
	00:37.12	00:43.21	
	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:3, starttime: 10:25	
Heat: 3/9 Lane : 2 Athlete: ADAM MAELINE		Q-time: 00:37:91	
PB (50m pool): 00:38.73 Antwerpen 20/04/2025		PB (25m pool): 00:37.91 SB: no time	
	5 0 M		
PB	00:38.73		
	00:38.73		
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:5, starttime: 10:27	
Heat: 5/9 Lane : 2 Athlete: ALLOING MYRTHE		Q-time: 00:36:38	
PB (50m pool): 00:36.97 Seraing 28/01/2024		PB (25m pool): 00:36.28 SB: no time	
	5 0 M		
PB	00:36.97		
	00:36.97		
		

Coach feedback:

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: KLSVZ

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:5, starttime: 10:27
Heat: 5/9 Lane : 6 Athlete: GIJSENBURG WINKE		Q-time: 00:36:36
PB (50m pool): 00:42.51 Seraing 28/01/2024		PB (25m pool): 00:36.36 SB: no time
	50 M	
PB	00:42.51	
	00:42.51	
	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:5, starttime: 10:27
Heat: 5/9 Lane : 8 Athlete: VAN BOXSTAEEL NORA		Q-time: 00:36:74
PB (50m pool): 00:38.53 Seraing 26/01/2025		PB (25m pool): 00:36.66 SB: no time
	50 M	
PB	00:38.53	
	00:38.53	
	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:7, starttime: 10:29
Heat: 7/9 Lane : 4 Athlete: DESMET STERRE		Q-time: 00:34:26
PB (50m pool): 00:36.18 Antwerpen 20/04/2025		PB (25m pool): 00:34.26 SB: no time
	50 M	
PB	00:36.18	
	00:36.18	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:1, starttime: 10:33
Heat: 1/9 Lane : 4 Athlete: LAENEN CID		Q-time: 00:44:46
PB (50m pool): 00:46.16 Seraing 26/01/2025		PB (25m pool): 00:44.31 SB: no time
	50 M	
PB	00:46.16	
	00:46.16	
	

Coach feedback:

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: KLSVZ

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:4, starttime: 10:37
Heat: 4/9 Lane : 4 Athlete: FLORES SÉBASTIEN		Q-time: 00:35:79
PB (50m pool): 00:37.63 Antwerpen 13/07/2025 PB (25m pool): 00:35.79 SB: no time		
	50 M	
PB	00:37.63	
	00:37.63	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:6, starttime: 10:39
Heat: 6/9 Lane : 7 Athlete: JORIS JESSE		Q-time: 00:33:97
PB (50m pool): 00:34.32 Antwerpen 13/07/2025 PB (25m pool): 00:33.97 SB: no time		
	50 M	
PB	00:34.32	
	00:34.32	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:4, starttime: 10:49
Heat: 4/15 Lane : 7 Athlete: FERNANDEZ PEDRERA TARIK MAISSA		Q-time: 00:47:16
PB (50m pool): 00:46.92 Antwerpen 14/07/2024 PB (25m pool): 00:47.16 SB: no time		
	50 M	
PB	00:46.92	
	00:46.92	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:5, starttime: 10:50
Heat: 5/15 Lane : 6 Athlete: GIJSENBURG WINKE		Q-time: 00:43:29
PB (50m pool): no time PB (25m pool): 00:43.22 SB: no time		
	50 M	
PB	no time	
	no time	
	

Coach feedback:

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: KLSVZ

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:10, starttime: 10:56
Heat: 10/15 Lane : 2 Athlete: AMADOU CAMILLE		Q-time: 00:35:20
PB (50m pool): 00:36.17 Wezenberg 03/01/2026		PB (25m pool): 00:35.20 SB: 00:36.17 Wezenberg 03/01/2026
	5 0 M	
PB	00:36.17	
	<i>00:36.17</i>	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:10, starttime: 10:56
Heat: 10/15 Lane : 3 Athlete: ALLOING MYRTHE		Q-time: 00:34:87
PB (50m pool): 00:38.07 Charleroi 11/05/2025		PB (25m pool): 00:34.87 SB: no time
	5 0 M	
PB	00:38.07	
	<i>00:38.07</i>	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:11, starttime: 10:57
Heat: 11/15 Lane : 7 Athlete: VAN BOXSTAEI NORA		Q-time: 00:34:45
PB (50m pool): 00:35.07 Antwerpen 13/07/2025		PB (25m pool): 00:34.45 SB: no time
	5 0 M	
PB	00:35.07	
	<i>00:35.07</i>	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:11, starttime: 10:57
Heat: 11/15 Lane : 8 Athlete: FERNANDEZ PEDRERA TARIK LAILA		Q-time: 00:34:65
PB (50m pool): 00:36.84 Antwerpen 13/07/2025		PB (25m pool): 00:34.65 SB: no time
	5 0 M	
PB	00:36.84	
	<i>00:36.84</i>	
	

Coach feedback:

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: KLSVZ

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:12, starttime: 10:59
Heat: 12/15 Lane : 5 Athlete: DESMET STERRE		Q-time: 00:32:31
PB (50m pool): 00:32.76 Wezenberg 03/01/2026		PB (25m pool): 00:32.31 SB: 00:32.76 Wezenberg 03/01/2026
	5 0 M	
PB	00:32.76	
	00:32.76	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:1, starttime: 11:03
Heat: 1/10 Lane : 1 Athlete: LAENEN CID		Q-time: 00:48:36
PB (50m pool): 00:55.71 Antwerp 28/01/2024		PB (25m pool): 00:45.73 SB: no time
	5 0 M	
PB	00:55.71	
	00:55.71	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:1, starttime: 11:03
Heat: 1/10 Lane : 7 Athlete: DE MUYTER THOMAS		Q-time: 00:44:98
PB (50m pool): no time		PB (25m pool): 00:43.11 SB: no time
	5 0 M	
PB	no time	
	no time	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:2, starttime: 11:04
Heat: 2/10 Lane : 4 Athlete: JORIS JESSE		Q-time: 00:34:01
PB (50m pool): no time		PB (25m pool): 00:34.01 SB: no time
	5 0 M	
PB	no time	
	no time	
	

Coach feedback:

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: KLSVZ

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:3, starttime: 11:06
Heat: 3/10 Lane : 4 Athlete: CHABOTTIER LARGO		Q-time: 00:32:59
PB (50m pool): 00:33.32 Antwerpen 20/04/2025 PB (25m pool): 00:32.59 SB: no time		
	50 M	
PB	00:33.32	
	00:33.32	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:6, starttime: 11:09
Heat: 6/10 Lane : 1 Athlete: CAMBRON WARD		Q-time: 00:30:06
PB (50m pool): 00:30.05 Wezenberg 03/01/2026 PB (25m pool): 00:30.06 SB: 00:30.05 Wezenberg 03/01/2026		
	50 M	
PB	00:30.05	
	00:30.05	
	

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+						Heat:3, starttime: 11:43		
Heat: 3/5 Lane : 1 Athlete: FERNANDEZ PEDRERA TARIK LAILA						Q-time: 05:20:27		
PB (50m pool): 06:19.84 Genk 28/05/2023						PB (25m pool): 05:20.27 SB: no time		
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	no time	no time	no time	no time	no time	no time	no time	06:19.84
	no time							

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+						Heat:3, starttime: 12:14		
Heat: 3/7 Lane : 2 Athlete: VAN GORP LUCAS						Q-time: 05:20:53		
PB (50m pool): 06:03.57 Antwerpen 14/07/2024						PB (25m pool): 05:20.53 SB: no time		
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	no time	no time	no time	no time	no time	no time	no time	06:03.57
	no time							

Coach feedback:

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: KLSVZ

Event number: 8: 400M FREESTYLE MEN 13+							Heat:5, starttime: 12:26		
Heat: 5/7 Lane : 7 Athlete: FLORES SÉBASTIEN							Q-time: 04:49:24		
PB (50m pool): no time			PB (25m pool): 04:49.24 SB: no time						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M	
PB	no time	no time	no time	no time	no time	no time	no time	no time	
	<i>no time</i>								
	

Coach feedback:

Event number: 9: 4x100M MEDLEY WOMEN 11+							Heat:2, starttime: 12:49	
Heat: 2/2 Lane : 1 Athlete: TEAM KLSVZ							Q-time: 04:56:79	
PB (50m pool):			PB (25m pool):			SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB								

Coach feedback: