

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

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

Coaches: Bogaerts Michel

Coaches: De Block Killian

Coaches: Leys Leen HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:1, starttime: 09:30

Heat: 1/14 Lane : 2 Athlete: ABIDAR ZAKIA Q-time: 02:23:59

PB (50m pool): 02:23.59 SportinGenk Park 21/04/2025 PB (25m pool): 02:18.99 SB: no time

	50 M	100 M	
PB	no time	02:23.59	
	<i>no time</i>		
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:5, starttime: 09:40

Heat: 5/14 Lane : 5 Athlete: MAHU AMY Q-time: 01:41:21

PB (50m pool): 01:45.67 SportinGenk Park 21/04/2025 PB (25m pool): 01:44.70 SB: no time

	50 M	100 M	
PB	no time	01:45.67	
	<i>no time</i>		
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:5, starttime: 09:40

Heat: 5/14 Lane : 8 Athlete: BOGAERTS ENYA Q-time: 01:43:10

PB (50m pool): 01:43.97 Antwerpen 13/07/2025 PB (25m pool): 01:43.10 SB: no time

	50 M	100 M	
PB	00:50.38	01:43.97	
	<i>00:50.38</i>	<i>00:53.59</i>	
	

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:6, starttime: 09:43	
Heat: 6/14 Lane : 4 Athlete: WEGENER LENA		Q-time: 01:38:64	
PB (50m pool): 01:41.66 Antwerpen 20/07/2025		PB (25m pool): 01:38.64 SB: no time	
	5 0 M	1 0 0 M	
PB	00:48.80	01:41.66	
	<i>00:48.80</i>	<i>00:52.86</i>	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:11, starttime: 09:54	
Heat: 11/14 Lane : 4 Athlete: SONUMUT DAPHNÉ		Q-time: 01:25:58	
PB (50m pool): 01:29.01 Antwerpen 14/07/2024		PB (25m pool): 01:25.58 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	01:29.01	
	<i>no time</i>		
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:11, starttime: 09:54	
Heat: 11/14 Lane : 8 Athlete: BOGAERTS XENA		Q-time: 01:29:01	
PB (50m pool): 01:33.83 Antwerpen 13/07/2025		PB (25m pool): 01:29.01 SB: 01:34.77 Wezenberg 03/01/2026	
	5 0 M	1 0 0 M	
PB	00:43.83	01:33.83	
	<i>00:43.83</i>	<i>00:50.00</i>	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:1, starttime: 10:02	
Heat: 1/9 Lane : 4 Athlete: MAIER ENZO		Q-time: 01:43:21	
PB (50m pool): 01:47.04 Antwerpen 13/07/2025		PB (25m pool): 01:43.21 SB: no time	
	5 0 M	1 0 0 M	
PB	00:50.55	01:47.04	
	<i>00:50.55</i>	<i>00:56.49</i>	
	

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:3, starttime: 10:06
Heat: 3/9 Lane : 1 Athlete: MAASKANT ALBIN		Q-time: 01:33:26
PB (50m pool): 01:39.27 Antwerpen 20/07/2025		PB (25m pool): 01:33.26 SB: no time
	5 0 M	1 0 0 M
PB	00:46.94	01:39.27
	<i>00:46.94</i>	<i>00:52.33</i>

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:3, starttime: 10:06
Heat: 3/9 Lane : 6 Athlete: COPPENS JACK		Q-time: 01:30:74
PB (50m pool): 01:30.74 Wezenberg 03/01/2026		PB (25m pool): 01:35.90 SB: 01:30.74 Wezenberg 03/01/2026
	5 0 M	1 0 0 M
PB	00:41.75	01:30.74
	<i>00:41.75</i>	<i>00:48.99</i>

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:6, starttime: 10:13
Heat: 6/9 Lane : 8 Athlete: VANDERBORGHT MILAN		Q-time: 01:21:34
PB (50m pool): 01:26.59 Antwerpen 13/07/2025		PB (25m pool): 01:21.34 SB: no time
	5 0 M	1 0 0 M
PB	00:40.49	01:26.59
	<i>00:40.49</i>	<i>00:46.10</i>

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:2, starttime: 10:23
Heat: 2/9 Lane : 3 Athlete: MAHU AMY		Q-time: 00:39:87
PB (50m pool): 00:44.20 SportinGenk Park 01/04/2024		PB (25m pool): 00:41.53 SB: no time
	5 0 M	
PB	00:44.20	
	<i>00:44.20</i>	
	

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:3, starttime: 10:25
Heat: 3/9 Lane : 6 Athlete: BOGAERTS XENA		Q-time: 00:37:78
PB (50m pool): 00:37.78 Wezenberg 03/01/2026		PB (25m pool): 00:38.63 SB: 00:37.78 Wezenberg 03/01/2026
	5 0 M	
PB	00:37.78	
	<i>00:37.78</i>	
	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:9, starttime: 10:32
Heat: 9/9 Lane : 8 Athlete: MAASKANT KRISTINA		Q-time: 00:33:11
PB (50m pool): 00:33.24 Antwerpen 13/07/2025		PB (25m pool): 00:33.11 SB: no time
	5 0 M	
PB	00:33.24	
	<i>00:33.24</i>	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:8, starttime: 10:41
Heat: 8/9 Lane : 2 Athlete: SONUMUT ARMAN		Q-time: 00:30:72
PB (50m pool): 00:30.72 Antwerpen 27/07/2025		PB (25m pool): 00:31.12 SB: no time
	5 0 M	
PB	00:30.72	
	<i>00:30.72</i>	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:9, starttime: 10:43
Heat: 9/9 Lane : 5 Athlete: MEES BRENT		Q-time: 00:26:99
PB (50m pool): 00:28.51 Antwerpen 27/04/2025		PB (25m pool): 00:26.99 SB: no time
	5 0 M	
PB	00:28.51	
	<i>00:28.51</i>	
	

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Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:3, starttime: 10:47
Heat: 3/15 Lane : 2 Athlete: ABIDAR ZAKIA		Q-time: 01:04:76
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:5, starttime: 10:50
Heat: 5/15 Lane : 3 Athlete: BOGAERTS ENYA		Q-time: 00:42:10
PB (50m pool): 00:42.10 Wezenberg 04/01/2026		PB (25m pool): 00:43.88 SB: 00:42.10 Wezenberg 04/01/2026
	5 0 M	
PB	00:42.10	
	<i>00:42.10</i>	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:6, starttime: 10:51
Heat: 6/15 Lane : 4 Athlete: WEGENER LENA		Q-time: 00:39:78
PB (50m pool): 00:40.30 Antwerp 26/01/2025		PB (25m pool): 00:39.78 SB: 00:42.85 Wezenberg 04/01/2026
	5 0 M	
PB	00:40.30	
	<i>00:40.30</i>	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:8, starttime: 10:54
Heat: 8/15 Lane : 5 Athlete: SONUMUT DAPHNé		Q-time: 00:36:83
PB (50m pool): 00:36.83 SportinGenk Park 21/04/2025		PB (25m pool): no time SB: no time
	5 0 M	
PB	00:36.83	
	<i>00:36.83</i>	
	

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:15, starttime: 11:02
Heat: 15/15 Lane : 6 Athlete: MAASKANT KRISTINA		Q-time: 00:30:28
PB (50m pool): 00:30.28 Antwerpen 27/07/2025 PB (25m pool): 00:30.76 SB: no time		
	5 0 M	
PB	00:30.28	
	<i>00:30.28</i>	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:2, starttime: 11:04
Heat: 2/10 Lane : 2 Athlete: MAASKANT ALBIN		Q-time: 00:35:67
PB (50m pool): 00:44.91 Antwerp 28/01/2024 PB (25m pool): 00:35.67 SB: no time		
	5 0 M	
PB	00:44.91	
	<i>00:44.91</i>	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:2, starttime: 11:04
Heat: 2/10 Lane : 5 Athlete: COPPENS JACK		Q-time: 00:34:49
PB (50m pool): 00:36.23 SportinGenk Park 21/04/2025 PB (25m pool): 00:34.49 SB: no time		
	5 0 M	
PB	00:36.23	
	<i>00:36.23</i>	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:9, starttime: 11:12
Heat: 9/10 Lane : 1 Athlete: SONUMUT ARMAN		Q-time: 00:28:30
PB (50m pool): 00:28.30 Antwerpen 27/07/2025 PB (25m pool): 00:28.49 SB: no time		
	5 0 M	
PB	00:28.30	
	<i>00:28.30</i>	
	

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Event number: 6: 50M BUTTERFLY MEN 13+		Heat:10, starttime: 11:13
Heat: 10/10 Lane : 4 Athlete: MEES RUBEN		Q-time: 00:24:50
PB (50m pool): 00:24.81 Antwerpen 27/04/2025 PB (25m pool): 00:24.50 SB: no time		
	5 0 M	
PB	00:24.81	
	<i>00:24.81</i>	
	

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:2, starttime: 12:08	
Heat: 2/7 Lane : 4 Athlete: MAASKANT ALBIN							Q-time: 05:26:38	
PB (50m pool): 05:37.52 Antwerpen 20/07/2025							PB (25m pool): 05:26.38 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	00:38.22	01:19.88	02:03.85	02:48.21	03:31.61	04:15.53	04:57.16	05:37.52
	<i>00:38.22</i>	<i>00:41.66</i>	<i>00:43.97</i>	<i>00:44.36</i>	<i>00:43.40</i>	<i>00:43.92</i>	<i>00:41.63</i>	<i>00:40.36</i>

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