

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

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

Coaches: Van den Broek Cathy HEADCOACH

Coaches: Franckx Stan

Coaches: Gysemberg Cedric

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:3, starttime: 09:36	
Heat: 3/14 Lane : 1 Athlete: NIJS LOES		Q-time: 01:52:66	
PB (50m pool): no time		PB (25m pool): 01:52.66 SB: no time	
	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:5, starttime: 09:40	
Heat: 5/14 Lane : 4 Athlete: REMANS ALICE		Q-time: 01:41:08	
PB (50m pool): 01:41.08 Wezenberg 04/01/2026		PB (25m pool): 01:42.17 SB: 01:41.08 Wezenberg 04/01/2026	
	50 M	100 M	
PB	00:47.35	01:41.08	
	<i>00:47.35</i>	<i>00:53.73</i>	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:7, starttime: 09:45	
Heat: 7/14 Lane : 1 Athlete: VANDINGENEN JOKE		Q-time: 01:37:97	
PB (50m pool): 01:37.97 Wezenberg 04/01/2026		PB (25m pool): 01:42.71 SB: 01:37.97 Wezenberg 04/01/2026	
	50 M	100 M	
PB	00:47.23	01:37.97	
	<i>00:47.23</i>	<i>00:50.74</i>	
	

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:7, starttime: 09:45	
Heat: 7/14 Lane : 6 Athlete: CLAESEN SARAH		Q-time: 01:36:76	
PB (50m pool): 01:36.76 Wezenberg 04/01/2026		PB (25m pool): 01:33.62 SB: 01:36.76 Wezenberg 04/01/2026	
	50 M	100 M	
PB	00:47.24	01:36.76	
	00:47.24	00:49.52	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:7, starttime: 09:45	
Heat: 7/14 Lane : 8 Athlete: ROSSEEL JANNE		Q-time: 01:38:47	
PB (50m pool): 01:38.47 Wezenberg 04/01/2026		PB (25m pool): 01:35.56 SB: 01:38.47 Wezenberg 04/01/2026	
	50 M	100 M	
PB	00:46.32	01:38.47	
	00:46.32	00:52.15	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:9, starttime: 09:49	
Heat: 9/14 Lane : 5 Athlete: MAES JULIE		Q-time: 01:31:81	
PB (50m pool): 01:31.81 Antwerpen 13/07/2025		PB (25m pool): 01:28.88 SB: no time	
	50 M	100 M	
PB	00:42.61	01:31.81	
	00:42.61	00:49.20	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:12, starttime: 09:56	
Heat: 12/14 Lane : 2 Athlete: ROSKIN LOTTE		Q-time: 01:24:37	
PB (50m pool): 01:24.37 Antwerpen 20/04/2025		PB (25m pool): 01:18.00 SB: no time	
	50 M	100 M	
PB	00:38.48	01:24.37	
	00:38.48	00:45.89	
	

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:14, starttime: 10:00	
Heat: 14/14 Lane : 2 Athlete: LENAERTS HAILEY		Q-time: 01:19:08	
PB (50m pool): 01:19.08 Antwerpen 27/07/2025		PB (25m pool): 01:14.96 SB: no time	
	50 M	100 M	
PB	00:36.38	01:19.08	
	<i>00:36.38</i>	<i>00:42.70</i>	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:3, starttime: 10:06	
Heat: 3/9 Lane : 7 Athlete: LEMMENS LUCA		Q-time: 01:32:74	
PB (50m pool): 01:32.74 Antwerpen 13/07/2025		PB (25m pool): 01:28.63 SB: no time	
	50 M	100 M	
PB	00:43.84	01:32.74	
	<i>00:43.84</i>	<i>00:48.90</i>	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:3, starttime: 10:06	
Heat: 3/9 Lane : 8 Athlete: NIJS BAS		Q-time: 01:33:95	
PB (50m pool): 01:33.95 Antwerpen 20/04/2025		PB (25m pool): 01:29.02 SB: no time	
	50 M	100 M	
PB	00:44.65	01:33.95	
	<i>00:44.65</i>	<i>00:49.30</i>	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:9, starttime: 10:18	
Heat: 9/9 Lane : 3 Athlete: DECOSSAUX VALENTIN		Q-time: 01:05:61	
PB (50m pool): 01:07.72 Olympic Pool Wezenberg, Antwer 08/03/2025		PB (25m pool): 01:03.42 SB: no time	
	50 M	100 M	
PB	no time	01:07.72	
	<i>no time</i>		
	

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:3, starttime: 10:25
Heat: 3/9 Lane : 5 Athlete: DEPLOIGE LORE		Q-time: 00:37:64
PB (50m pool): 00:37.64 Antwerpen 13/07/2025		PB (25m pool): 00:35.74 SB: no time
	5 0 M	
PB	00:37.64	
	00:37.64	
	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:6, starttime: 10:28
Heat: 6/9 Lane : 1 Athlete: VANDERVELPEN MEREL		Q-time: 00:35:46
PB (50m pool): 00:35.46 Antwerpen 13/07/2025		PB (25m pool): 00:34.11 SB: no time
	5 0 M	
PB	00:35.46	
	00:35.46	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:2, starttime: 10:34
Heat: 2/9 Lane : 5 Athlete: FEYAERTS JEROEN		Q-time: 00:41:83
PB (50m pool): 00:41.83 Antwerpen 20/04/2025		PB (25m pool): 00:38.27 SB: no time
	5 0 M	
PB	00:41.83	
	00:41.83	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 10:36
Heat: 3/9 Lane : 3 Athlete: NIJS BAS		Q-time: 00:38:61
PB (50m pool): 00:38.61 Wezenberg 05/01/2025		PB (25m pool): 00:34.58 SB: no time
	5 0 M	
PB	00:38.61	
	00:38.61	
	

Coach feedback:

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Event number: 4: 50M BACKSTROKE MEN 13+		Heat:7, starttime: 10:40
Heat: 7/9 Lane : 6 Athlete: MERGEAY NOAH		Q-time: 00:31:87
PB (50m pool): 00:31.78 Antwerpen 14/07/2024		PB (25m pool): 00:30.51 SB: no time
	5 0 M	
PB	00:31.78	
	00:31.78	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:8, starttime: 10:41
Heat: 8/9 Lane : 5 Athlete: STERCKX DAAN		Q-time: 00:30:51
PB (50m pool): 00:30.53 Antwerpen 27/07/2025		PB (25m pool): 00:29.82 SB: no time
	5 0 M	
PB	00:30.53	
	00:30.53	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:3, starttime: 10:47
Heat: 3/15 Lane : 5 Athlete: VANDINGENEN JOKE		Q-time: 00:50:45
PB (50m pool): 00:50.45 Wezenberg 04/01/2026		PB (25m pool): 00:52.97 SB: 00:50.45 Wezenberg 04/01/2026
	5 0 M	
PB	00:50.45	
	00:50.45	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:4, starttime: 10:49
Heat: 4/15 Lane : 8 Athlete: NIJS LOES		Q-time: 00:48:55
PB (50m pool): no time		PB (25m pool): 00:48.55 SB: no time
	5 0 M	
PB	no time	
	no time	
	

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:6, starttime: 10:51
Heat: 6/15 Lane : 3 Athlete: REMANS ROSALIE		Q-time: 00:40:30
PB (50m pool): 00:40.30 Wezenberg 05/01/2025 PB (25m pool): 00:35.78 SB: no time		
	50 M	
PB	00:40.30	
	00:40.30	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:7, starttime: 10:53
Heat: 7/15 Lane : 2 Athlete: REMANS ALICE		Q-time: 00:38:94
PB (50m pool): 00:38.94 Wezenberg 04/01/2026 PB (25m pool): 00:38.83 SB: 00:38.94 Wezenberg 04/01/2026		
	50 M	
PB	00:38.94	
	00:38.94	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:9, starttime: 10:55
Heat: 9/15 Lane : 6 Athlete: DEPLOIGE LORE		Q-time: 00:35:97
PB (50m pool): 00:35.97 Antwerpen 13/07/2025 PB (25m pool): 00:34.61 SB: 00:37.10 Wezenberg 03/01/2026		
	50 M	
PB	00:35.97	
	00:35.97	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:10, starttime: 10:56
Heat: 10/15 Lane : 8 Athlete: ROSSEEL JANNE		Q-time: 00:35:42
PB (50m pool): 00:35.42 Wezenberg 04/01/2026 PB (25m pool): 00:35.24 SB: 00:35.42 Wezenberg 04/01/2026		
	50 M	
PB	00:35.42	
	00:35.42	
	

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:12, starttime: 10:59
Heat: 12/15 Lane : 8 Athlete: VANDERVELPEN MEREL		Q-time: 00:33:41
PB (50m pool): 00:37.39 Genk 18/04/2022 PB (25m pool): 00:33.41 SB: no time		
	5 0 M	
PB	00:37.39	
	00:37.39	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:14, starttime: 11:01
Heat: 14/15 Lane : 6 Athlete: LENAERTS HAILEY		Q-time: 00:31:27
PB (50m pool): 00:33.80 Wezenberg 08/01/2023 PB (25m pool): 00:31.27 SB: no time		
	5 0 M	
PB	00:33.80	
	00:33.80	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:14, starttime: 11:01
Heat: 14/15 Lane : 8 Athlete: ROSKIN LOTTE		Q-time: 00:31:44
PB (50m pool): 00:29.68 ANTWERPEN/ANVERS 01/08/2021 PB (25m pool): 00:29.84 SB: no time		
	5 0 M	
PB	00:29.68	
	00:29.68	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:1, starttime: 11:03
Heat: 1/10 Lane : 4 Athlete: LEMMENS LUCA		Q-time: 00:37:46
PB (50m pool): 00:37.46 Wezenberg 05/01/2025 PB (25m pool): 00:33.82 SB: no time		
	5 0 M	
PB	00:37.46	
	00:37.46	
	

Coach feedback:

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Event number: 6: 50M BUTTERFLY MEN 13+		Heat:6, starttime: 11:09	
Heat: 6/10 Lane : 2 Athlete: PASTEELS EINAR		Q-time: 00:29:77	
PB (50m pool): 00:29.77 Antwerpen 20/04/2025		PB (25m pool): 00:28.86 SB: no time	
	50 M		
PB	00:29.77		
	00:29.77		
		

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:8, starttime: 11:11	
Heat: 8/10 Lane : 7 Athlete: STERCKX DAAN		Q-time: 00:28:78	
PB (50m pool): 00:33.77 Antwerpen 16/07/2023		PB (25m pool): 00:28.78 SB: no time	
	50 M		
PB	00:33.77		
	00:33.77		
		

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:10, starttime: 11:13	
Heat: 10/10 Lane : 2 Athlete: DECOSSAUX VALENTIN		Q-time: 00:27:02	
PB (50m pool): 00:26.50 Antwerpen 20/01/2019		PB (25m pool): 00:26.00 SB: no time	
	50 M		
PB	00:26.50		
	00:26.50		
		

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+		Heat:3, starttime: 11:43	
Heat: 3/5 Lane : 8 Athlete: CLAESEN SARAH		Q-time: 05:24:49	
PB (50m pool): no time		PB (25m pool): 05:24.49 SB: no time	
	50 M	100 M	150 M
PB	no time	no time	no time
	no time		

Coach feedback:

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Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 11:49	
Heat: 4/5 Lane : 2 Athlete: DECONYNCK STERRE							Q-time: 04:58:28	
PB (50m pool): 04:58.19 ANTWERPEN 23/07/2023				PB (25m pool): 04:50.67 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	04:58.19
	<i>no time</i>							

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:2, starttime: 12:08	
Heat: 2/7 Lane : 7 Athlete: FEYAERTS JEROEN							Q-time: 05:39:83	
PB (50m pool): 05:39.83 Antwerp 26/01/2025				PB (25m pool): 05:19.50 SB: no time				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:36.81	01:18.20	02:00.70	02:44.81	03:29.08	04:13.04	04:56.67	05:39.83
	<i>00:36.81</i>	<i>00:41.39</i>	<i>00:42.50</i>	<i>00:44.11</i>	<i>00:44.27</i>	<i>00:43.96</i>	<i>00:43.63</i>	<i>00:43.16</i>

Coach feedback: