

PK 50m bad: Session: 2: COACH evaluation sheet for TEAM: TRUST

Coachinfo: Warming up from: 13:20 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: 12: 100M FREESTYLE WOMEN 11+		Heat:3, starttime: 14:49
Heat: 3/16 Lane : 4 Athlete: VANDINGENEN JOKE		Q-time: 01:23:55
PB (50m pool): 01:23.55 Wezenberg 04/01/2026		PB (25m pool): 01:30.02 SB: 01:23.55 Wezenberg 04/01/2026
	50 M	100 M
PB	00:41.01	01:23.55
	<i>00:41.01</i>	<i>00:42.54</i>

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+		Heat:3, starttime: 14:49
Heat: 3/16 Lane : 8 Athlete: NIJS LOES		Q-time: 01:28:97
PB (50m pool): no time		PB (25m pool): 01:28.97 SB: no time
	50 M	100 M
PB	no time	no time
	<i>no time</i>	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+		Heat:6, starttime: 14:55
Heat: 6/16 Lane : 7 Athlete: REMANS ALICE		Q-time: 01:15:93
PB (50m pool): 01:15.93 Wezenberg 04/01/2026		PB (25m pool): 01:15.01 SB: 01:15.93 Wezenberg 04/01/2026
	50 M	100 M
PB	00:37.70	01:15.93
	<i>00:37.70</i>	<i>00:38.23</i>

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+		Heat:8, starttime: 14:59	
Heat: 8/16 Lane : 3 Athlete: ROSSEEL JANNE		Q-time: 01:12:28	
PB (50m pool): 01:12.28 Wezenberg 04/01/2026		PB (25m pool): 01:11.88 SB: 01:12.28 Wezenberg 04/01/2026	
	50 M	100 M	
PB	00:34.22	01:12.28	
	00:34.22	00:38.06	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+		Heat:10, starttime: 15:03	
Heat: 10/16 Lane : 3 Athlete: DEPLOIGE LORE		Q-time: 01:09:47	
PB (50m pool): 01:09.47 Antwerpen 13/07/2025		PB (25m pool): 01:07.84 SB: 01:11.44 Wezenberg 03/01/2026	
	50 M	100 M	
PB	00:33.53	01:09.47	
	00:33.53	00:35.94	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+		Heat:10, starttime: 15:03	
Heat: 10/16 Lane : 6 Athlete: REMANS ROSALIE		Q-time: 01:09:59	
PB (50m pool): 01:09.59 Wezenberg 04/01/2026		PB (25m pool): 01:09.26 SB: 01:09.59 Wezenberg 04/01/2026	
	50 M	100 M	
PB	00:34.84	01:09.59	
	00:34.84	00:34.75	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+		Heat:11, starttime: 15:04	
Heat: 11/16 Lane : 2 Athlete: MAES JULIE		Q-time: 01:08:87	
PB (50m pool): 01:08.87 Antwerpen 13/07/2025		PB (25m pool): 01:05.68 SB: 01:08.91 Wezenberg 04/01/2026	
	50 M	100 M	
PB	00:33.72	01:08.87	
	00:33.72	00:35.15	
	

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+		Heat:13, starttime: 15:08	
Heat: 13/16 Lane : 4 Athlete: DECONYNCK STERRE		Q-time: 01:05:26	
PB (50m pool): 01:05.26 Antwerpen 13/07/2025		PB (25m pool): 01:04.62 SB: no time	
	50 M	100 M	
PB	00:31.61	01:05.26	
	00:31.61	00:33.65	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+		Heat:13, starttime: 15:08	
Heat: 13/16 Lane : 7 Athlete: VANDERVELPEN MEREL		Q-time: 01:05:95	
PB (50m pool): 01:05.95 Antwerpen 13/07/2025		PB (25m pool): 01:04.69 SB: no time	
	50 M	100 M	
PB	00:31.21	01:05.95	
	00:31.21	00:34.74	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+		Heat:15, starttime: 15:11	
Heat: 15/16 Lane : 4 Athlete: ROSKIN LOTTE		Q-time: 01:02:04	
PB (50m pool): 01:01.23 ANTWERPEN 30/07/2023		PB (25m pool): 00:59.68 SB: no time	
	50 M	100 M	
PB	no time	01:01.23	
	no time		
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+		Heat:3, starttime: 15:18	
Heat: 3/15 Lane : 6 Athlete: FEYAERTS JEROEN		Q-time: 01:13:11	
PB (50m pool): 01:13.11 Wezenberg 04/01/2026		PB (25m pool): 01:11.60 SB: 01:13.11 Wezenberg 04/01/2026	
	50 M	100 M	
PB	00:34.39	01:13.11	
	00:34.39	00:38.72	
	

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+		Heat:4, starttime: 15:20	
Heat: 4/15 Lane : 6 Athlete: LEMMENS LUCA		Q-time: 01:10:42	
PB (50m pool): 01:10.42 Wezenberg 04/01/2026		PB (25m pool): 01:08.57 SB: 01:10.42 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M	
PB	00:32.51	01:10.42	
	<i>00:32.51</i>	<i>00:37.91</i>	
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+		Heat:5, starttime: 15:22	
Heat: 5/15 Lane : 4 Athlete: NIJS BAS		Q-time: 01:06:84	
PB (50m pool): 01:06.84 Antwerpen 20/04/2025		PB (25m pool): 01:05.47 SB: no time	
	5 0 M	1 0 0 M	
PB	00:32.64	01:06.84	
	<i>00:32.64</i>	<i>00:34.20</i>	
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+		Heat:7, starttime: 15:25	
Heat: 7/15 Lane : 2 Athlete: PASTEELS EINAR		Q-time: 01:03:98	
PB (50m pool): 01:02.77 Antwerpen 14/07/2024		PB (25m pool): 01:00.33 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	01:02.77	
	<i>no time</i>		
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+		Heat:9, starttime: 15:29	
Heat: 9/15 Lane : 3 Athlete: MERGEAY NOAH		Q-time: 01:00:87	
PB (50m pool): 00:57.49 Antwerpen 14/07/2024		PB (25m pool): 00:56.64 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	00:57.49	
	<i>no time</i>		
	

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+		Heat:10, starttime: 15:30	
Heat: 10/15 Lane : 5 Athlete: STERCKX DAAN		Q-time: 00:59:68	
PB (50m pool): 00:59.68 Antwerpen 20/04/2025		PB (25m pool): 00:57.55 SB: no time	
	50 M	100 M	
PB	00:29.01	00:59.68	
	<i>00:29.01</i>	<i>00:30.67</i>	
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+		Heat:15, starttime: 15:38	
Heat: 15/15 Lane : 2 Athlete: DECOSSAUX VALENTIN		Q-time: 00:55:09	
PB (50m pool): 00:55.12 Antwerpen 12/02/2023		PB (25m pool): 00:52.18 SB: no time	
	50 M	100 M	
PB	no time	00:55.12	
	<i>no time</i>		
	

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:2, starttime: 15:43	
Heat: 2/8 Lane : 4 Athlete: CLAESEN SARAH		Q-time: 00:46:31	
PB (50m pool): 00:46.31 Mol 22/06/2025		PB (25m pool): 00:43.35 SB: no time	
	50 M		
PB	00:46.31		
	<i>00:46.31</i>		
		

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:4, starttime: 15:46	
Heat: 4/8 Lane : 8 Athlete: DEPLOIGE LORE		Q-time: 00:44:34	
PB (50m pool): 00:44.34 Wezenberg 05/01/2025		PB (25m pool): 00:42.87 SB: 00:46.62 Wezenberg 03/01/2026	
	50 M		
PB	00:44.34		
	<i>00:44.34</i>		
		

Coach feedback:

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Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:5, starttime: 15:47
Heat: 5/8 Lane : 2 Athlete: MAES JULIE		Q-time: 00:40:84
PB (50m pool): 00:40.84 Wezenberg 04/01/2026		PB (25m pool): 00:39.10 SB: 00:40.84 Wezenberg 04/01/2026
	5 0 M	
PB	00:40.84	
	00:40.84	
	

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:7, starttime: 15:50
Heat: 7/8 Lane : 5 Athlete: ROSKIN LOTTE		Q-time: 00:36:67
PB (50m pool): 00:36.67 Antwerpen 13/07/2025		PB (25m pool): 00:35.47 SB: no time
	5 0 M	
PB	00:36.67	
	00:36.67	
	

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:8, starttime: 15:51
Heat: 8/8 Lane : 3 Athlete: LENAERTS HAILEY		Q-time: 00:35:39
PB (50m pool): 00:35.39 Antwerpen 27/07/2025		PB (25m pool): 00:34.67 SB: no time
	5 0 M	
PB	00:35.39	
	00:35.39	
	

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:10, starttime: 16:03
Heat: 10/10 Lane : 3 Athlete: DECOSSAUX VALENTIN		Q-time: 00:31:05
PB (50m pool): 00:30.33 ANTWERPEN/ANVERS 01/08/2021		PB (25m pool): 00:28.78 SB: no time
	5 0 M	
PB	00:30.33	
	00:30.33	
	

Coach feedback:

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Event number: 16: 100M BACKSTROKE WOMEN 11-12		Heat:4, starttime: 16:27	
Heat: 4/7 Lane : 2 Athlete: NIJS LOES		Q-time: 01:34:46	
PB (50m pool): no time		PB (25m pool): 01:34.46 SB: no time	
	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12		Heat:5, starttime: 16:29	
Heat: 5/7 Lane : 1 Athlete: VANDINGENEN JOKE		Q-time: 01:30:49	
PB (50m pool): 01:48.85 SportinGenk Park 19/05/2024		PB (25m pool): 01:30.49 SB: no time	
	50 M	100 M	
PB	no time	01:48.85	
	<i>no time</i>		
	

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12		Heat:6, starttime: 16:31	
Heat: 6/7 Lane : 5 Athlete: REMANS ALICE		Q-time: 01:24:05	
PB (50m pool): no time		PB (25m pool): 01:24.05 SB: no time	
	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12		Heat:7, starttime: 16:33	
Heat: 7/7 Lane : 7 Athlete: ROSSEEL JANNE		Q-time: 01:22:77	
PB (50m pool): 01:22.77 Antwerpen 20/07/2025		PB (25m pool): 01:20.20 SB: no time	
	50 M	100 M	
PB	00:39.18	01:22.77	
	<i>00:39.18</i>	<i>00:43.59</i>	
	

Coach feedback:

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Event number: 18: 200M MEDLEY WOMEN 13+				Heat:2, starttime: 16:58	
Heat: 2/8 Lane : 2 Athlete: REMANS ROSALIE				Q-time: 03:01:21	
PB (50m pool): 03:01.21 Antwerpen 13/07/2025			PB (25m pool): 02:51.69 SB: no time		
	50 M	100 M	150 M	200 M	
PB	00:39.80	01:27.84	02:22.44	03:01.21	
	<i>00:39.80</i>	<i>00:48.04</i>	<i>00:54.60</i>	<i>00:38.77</i>	
	

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+				Heat:7, starttime: 17:16	
Heat: 7/8 Lane : 5 Athlete: LENAERTS HAILEY				Q-time: 02:36:80	
PB (50m pool): 02:36.18 Antwerp 21/01/2024			PB (25m pool): 02:29.75 SB: no time		
	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	02:36.18	
	<i>no time</i>				
	

Coach feedback: