

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

Coachinfo: Warming up from: 13:20 until . Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bruggemans Suzanne

Coaches: Van Den Broeck Michaël

Coaches: Van den Brande Liesbeth

Coaches: Van Den Broeck Dennis

PB => Personal Best time

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

Event number: 10: 200M BUTTERFLY WOMEN 13+ Heat:1, starttime: 14:30

Heat: 1/2 Lane : 4 Athlete: VAN HOOMISSEN CHELSEA Q-time: 02:55:90

PB (50m pool): no time PB (25m pool): 02:55.90 SB: no time

	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	no time	
	<i>no time</i>				
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+ Heat:8, starttime: 14:59

Heat: 8/16 Lane : 1 Athlete: SEGHERS MILLA Q-time: 01:12:91

PB (50m pool): no time PB (25m pool): 01:12.91 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:9, starttime: 15:01

Heat: 9/16 Lane : 6 Athlete: NUYTKENS MARIE Q-time: 01:10:70

PB (50m pool): 01:10.70 Antwerpen 20/07/2025 PB (25m pool): 01:07.67 SB: no time

	50 M	100 M	
PB	00:34.46	01:10.70	
	<i>00:34.46</i>	<i>00:36.24</i>	
	

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+		Heat:5, starttime: 15:22
Heat: 5/15 Lane : 8 Athlete: VAN DEN BROECK TIEBE		Q-time: 01:08:98
PB (50m pool): 01:08.98 Antwerpen 13/07/2025		PB (25m pool): 01:07.27 SB: no time
	5 0 M	1 0 0 M
PB	00:33.00	01:08.98
	<i>00:33.00</i>	<i>00:35.98</i>

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+		Heat:6, starttime: 15:24
Heat: 6/15 Lane : 2 Athlete: VERSPECHT KOBE		Q-time: 01:05:61
PB (50m pool): 01:05.61 Lago Gent Rozebroeken 04/05/2025		PB (25m pool): 01:03.46 SB: no time
	5 0 M	1 0 0 M
PB	00:31.26	01:05.61
	<i>00:31.26</i>	<i>00:34.35</i>

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+		Heat:8, starttime: 15:27
Heat: 8/15 Lane : 5 Athlete: VAN LOON BAS		Q-time: 01:01:97
PB (50m pool): 01:01.97 Aalst 11/05/2025		PB (25m pool): 00:58.50 SB: no time
	5 0 M	1 0 0 M
PB	00:30.03	01:01.97
	<i>00:30.03</i>	<i>00:31.94</i>

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+		Heat:9, starttime: 15:29
Heat: 9/15 Lane : 5 Athlete: BAKX WARRE		Q-time: 01:00:49
PB (50m pool): 01:00.49 Antwerp 09/02/2025		PB (25m pool): 00:57.63 SB: no time
	5 0 M	1 0 0 M
PB	00:28.63	01:00.49
	<i>00:28.63</i>	<i>00:31.86</i>

Coach feedback:

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Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:4, starttime: 15:46
Heat: 4/8 Lane : 5 Athlete: VERSPECHT KAAT		Q-time: 00:42:60
PB (50m pool): 00:42.60 Wezenberg 04/01/2026		PB (25m pool): 00:39.98 SB: 00:42.60 Wezenberg 04/01/2026
	5 0 M	
PB	00:42.60	
	<i>00:42.60</i>	
	

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:6, starttime: 15:48
Heat: 6/8 Lane : 5 Athlete: DE SITTER KIRA		Q-time: 00:38:97
PB (50m pool): 00:38.97 Wezenberg 04/01/2026		PB (25m pool): 00:38.78 SB: 00:38.97 Wezenberg 04/01/2026
	5 0 M	
PB	00:38.97	
	<i>00:38.97</i>	
	

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:4, starttime: 15:56
Heat: 4/10 Lane : 2 Athlete: VERSPECHT KOBE		Q-time: 00:41:54
PB (50m pool): 00:41.54 Antwerp 02/02/2025		PB (25m pool): 00:38.70 SB: no time
	5 0 M	
PB	00:41.54	
	<i>00:41.54</i>	
	

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:5, starttime: 15:57
Heat: 5/10 Lane : 2 Athlete: VAN DEN BRANDE LUCAS		Q-time: 00:39:91
PB (50m pool): 00:39.91 Wezenberg 05/01/2025		PB (25m pool): 00:34.72 SB: no time
	5 0 M	
PB	00:39.91	
	<i>00:39.91</i>	
	

Coach feedback:

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Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:6, starttime: 15:59
Heat: 6/10 Lane : 4 Athlete: VAN LOON BAS		Q-time: 00:36:79
PB (50m pool): 00:36.79 Antwerpen 13/07/2025 PB (25m pool): 00:35.26 SB: no time		
	5 0 M	
PB	00:36.79	
	<i>00:36.79</i>	
	

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:9, starttime: 16:02
Heat: 9/10 Lane : 5 Athlete: BAKX WARRE		Q-time: 00:33:07
PB (50m pool): 00:33.07 Wezenberg 05/01/2025 PB (25m pool): 00:32.27 SB: 00:33.54 Wezenberg 03/01/2026		
	5 0 M	
PB	00:33.07	
	<i>00:33.07</i>	
	

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12		Heat:6, starttime: 16:31
Heat: 6/7 Lane : 2 Athlete: SEGHERS MILLA		Q-time: 01:25:16
PB (50m pool): 01:49.32 Molenbeek 18/02/2024 PB (25m pool): 01:25.16 SB: no time		
	5 0 M	1 0 0 M
PB	no time	01:49.32
	<i>no time</i>	

Coach feedback:

Event number: 17: 400M MEDLEY MEN 13+							Heat:1, starttime: 16:35	
Heat: 1/3 Lane : 2 Athlete: VAN DEN BROECK TIEBE							Q-time: 05:53:76	
PB (50m pool): no time							PB (25m pool): 05:53.76 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>							

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Event number: 18: 200M MEDLEY WOMEN 13+				Heat:2, starttime: 16:58	
Heat: 2/8 Lane : 3 Athlete: NUYTKENS MARIE				Q-time: 02:59:18	
PB (50m pool): 02:59.18 Antwerpen 20/07/2025			PB (25m pool): 02:48.41 SB: no time		
	50 M	100 M	150 M	200 M	
PB	00:37.34	01:25.12	02:18.47	02:59.18	
	00:37.34	00:47.78	00:53.35	00:40.71	
	

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+				Heat:3, starttime: 17:02	
Heat: 3/8 Lane : 2 Athlete: VAN HOOMISSEN CHELSEA				Q-time: 02:57:65	
PB (50m pool): 02:57.65 Antwerpen 13/07/2025			PB (25m pool): 02:52.21 SB: no time		
	50 M	100 M	150 M	200 M	
PB	00:36.73	01:23.11	02:16.70	02:57.65	
	00:36.73	00:46.38	00:53.59	00:40.95	
	

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+				Heat:5, starttime: 17:09	
Heat: 5/8 Lane : 1 Athlete: VERSPECHT KAAT				Q-time: 02:51:03	
PB (50m pool): 03:22.57 Antwerp 28/01/2024			PB (25m pool): 02:51.03 SB: no time		
	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	03:22.57	
	no time				
	

Coach feedback: