

PK 50m bad: Session: 4: COACH Evaluation sheet for TEAM: ALZV

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

Coaches: Pinte Kevin HEADCOACH

PB => Personal Best time

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

Event number: 30: 100M BREASTSTROKE MEN 11-12 **Heat:1, starttime: 14:30**

Heat: 1/4 Lane : 6 Athlete: VAN DER LINDEN BERRAD NADIR **Q-time: 02:04:14**

PB (50m pool): no time **PB (25m pool): 02:04.14** **SB: no time**

	5 0 M	1 0 0 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12 **Heat:3, starttime: 14:35**

Heat: 3/4 Lane : 3 Athlete: WAGEMANS DAAN **Q-time: 01:37:51**

PB (50m pool): 01:48.71 **Zwembad Brigitte Becue 30/05/2025** **PB (25m pool): 01:37.51** **SB: no time**

	5 0 M	1 0 0 M	
PB	00:52.03	01:48.71	
	<i>00:52.03</i>	<i>00:56.68</i>	
	

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+ **Heat:3, starttime: 14:44**

Heat: 3/12 Lane : 4 Athlete: HERMANS VIKTOR **Q-time: 00:31:45**

PB (50m pool): 00:32.97 **Zwembad Brigitte Becue 30/05/2025** **PB (25m pool): 00:31.45** **SB: no time**

	5 0 M	
PB	00:32.97	
	<i>00:32.97</i>	
	

Coach feedback:

PK 50m bad: Session: 4: COACH Evaluation sheet for TEAM: ALZV

Event number: 31: 50M FREESTYLE MEN 13+		Heat:8, starttime: 14:50	
Heat: 8/12 Lane : 6 Athlete: PEERSMAN NIEL		Q-time: 00:27:25	
PB (50m pool): 00:28.04 Olympic Pool Wezenberg, Antwer 30/07/24 PB (25m pool): 00:27.25 SB: no time			
	5 0 M		
PB	00:28.04		
	<i>00:28.04</i>		
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:10, starttime: 14:52	
Heat: 10/12 Lane : 2 Athlete: CORNELISSEN LARS		Q-time: 00:26:50	
PB (50m pool): 00:27.86 Olympic Pool Wezenberg, Antwer 30/07/24 PB (25m pool): 00:26.50 SB: no time			
	5 0 M		
PB	00:27.86		
	<i>00:27.86</i>		
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:10, starttime: 15:05	
Heat: 10/12 Lane : 3 Athlete: VAN ROY YANA		Q-time: 00:29:37	
PB (50m pool): 00:30.10 Antwerpen 14/07/2024 PB (25m pool): 00:29.37 SB: no time			
	5 0 M		
PB	00:30.10		
	<i>00:30.10</i>		
		

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:2, starttime: 15:15	
Heat: 2/5 Lane : 2 Athlete: HERMAN WOUT				Q-time: 03:09:34	
PB (50m pool): no time		PB (25m pool): 03:09.34 SB: no time			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	<i>no time</i>				
	

Coach feedback:

PK 50m bad: Session: 4: COACH Evaluation sheet for TEAM: ALZV

Event number: 34: 200M BREASTSTROKE WOMEN 13+				Heat:5, starttime: 16:05	
Heat: 5/5 Lane : 8 Athlete: VERSPECHT LIZANNE				Q-time: 02:55:72	
PB (50m pool): 02:55.02 Antwerpen 28/07/2024			PB (25m pool): 02:46.88 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:55.02	
	<i>no time</i>				
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:1, starttime: 16:09		
Heat: 1/11 Lane : 2 Athlete: VAN DER LINDEN BERRAD NADIR			Q-time: 01:51:24		
PB (50m pool): no time			PB (25m pool): 01:51.24 SB: no time		
	5 0 M	1 0 0 M			
PB	no time	no time			
	<i>no time</i>				
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 16:18		
Heat: 5/11 Lane : 2 Athlete: HERMAN WOUT			Q-time: 01:23:05		
PB (50m pool): 01:34.38 Antwerpen 13/07/2025			PB (25m pool): 01:23.05 SB: no time		
	5 0 M	1 0 0 M			
PB	00:45.38	01:34.38			
	<i>00:45.38</i>	<i>00:49.00</i>			
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 16:20		
Heat: 6/11 Lane : 1 Athlete: WAGEMANS DAAN			Q-time: 01:20:94		
PB (50m pool): 01:23.51 Wezenberg 04/01/2026			PB (25m pool): 01:20.94 SB: 01:23.51 Wezenberg 04/01/2026		
	5 0 M	1 0 0 M			
PB	00:41.09	01:23.51			
	<i>00:41.09</i>	<i>00:42.42</i>			
			

Coach feedback:

PK 50m bad: Session: 4: COACH Evaluation sheet for TEAM: ALZV

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:6, starttime: 16:20	
Heat: 6/11 Lane : 4 Athlete: VAN DEN BERGHE VINCE		Q-time: 01:18:65	
PB (50m pool): 01:21.46 Antwerpen 13/07/2025		PB (25m pool): 01:18.65 SB: 01:21.60 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M	
PB	00:39.89	01:21.46	
	<i>00:39.89</i>	<i>00:41.57</i>	
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:7, starttime: 16:21	
Heat: 7/11 Lane : 6 Athlete: HERMANS VIKTOR		Q-time: 01:17:60	
PB (50m pool): 01:24.71 Antwerpen 13/07/2025		PB (25m pool): 01:17.60 SB: no time	
	5 0 M	1 0 0 M	
PB	00:41.41	01:24.71	
	<i>00:41.41</i>	<i>00:43.30</i>	
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:11, starttime: 16:29	
Heat: 11/11 Lane : 2 Athlete: PEERSMAN NIEL		Q-time: 01:03:96	
PB (50m pool): 01:08.05 Wezenberg 03/01/2026		PB (25m pool): 01:03.96 SB: 01:08.05 Wezenberg 03/01/2026	
	5 0 M	1 0 0 M	
PB	00:32.91	01:08.05	
	<i>00:32.91</i>	<i>00:35.14</i>	
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:11, starttime: 16:29	
Heat: 11/11 Lane : 8 Athlete: DE MAESSCHALCK YARNE		Q-time: 01:04:68	
PB (50m pool): 01:05.98 Antwerpen 13/07/2025		PB (25m pool): 01:04.68 SB: no time	
	5 0 M	1 0 0 M	
PB	00:32.33	01:05.98	
	<i>00:32.33</i>	<i>00:33.65</i>	
	

Coach feedback:

PK 50m bad: Session: 4: COACH Evaluation sheet for TEAM: ALZV

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:7, starttime: 16:43
Heat: 7/9 Lane : 7 Athlete: VAN ROY ONAH		Q-time: 01:15:55
PB (50m pool): 01:20.09 Antwerpen 20/07/2025		PB (25m pool): 01:15.55 SB: no time
	5 0 M	1 0 0 M
PB	00:39.44	01:20.09
	<i>00:39.44</i>	<i>00:40.65</i>

Coach feedback: