

PK 50m bad: Session: 4: COACH evaluation sheet for TEAM: BEST

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

Coaches: Laceur Joni

Coaches: Roosbeek Stefanie HEADCOACH

PB => Personal Best time

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

Event number: 30: 100M BREASTSTROKE MEN 11-12 **Heat:2, starttime: 14:33**

Heat: 2/4 Lane : 7 Athlete: VANGENECHTEN MATTHIAS		Q-time: 01:55:28
PB (50m pool): 02:11.45 Antwerp 02/02/2025		PB (25m pool): 01:55.28 SB: no time
	5 0 M	1 0 0 M
PB	01:03.91	02:11.45
	<i>01:03.91</i>	<i>01:07.54</i>

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+ **Heat:1, starttime: 14:42**

Heat: 1/12 Lane : 2 Athlete: VANINBROUKX TOON		Q-time: 00:37:09
PB (50m pool): 00:37.09 Wezenberg 04/01/2026		PB (25m pool): 00:37.86 SB: 00:37.09 Wezenberg 04/01/2026
	5 0 M	
PB	00:37.09	
	<i>00:37.09</i>	
	

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+ **Heat:2, starttime: 14:43**

Heat: 2/12 Lane : 2 Athlete: JAMAR ALEXANDER		Q-time: 00:34:39
PB (50m pool): 00:34.39 Wezenberg 04/01/2026		PB (25m pool): 00:35.99 SB: 00:34.39 Wezenberg 04/01/2026
	5 0 M	
PB	00:34.39	
	<i>00:34.39</i>	
	

Coach feedback:

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Event number: 31: 50M FREESTYLE MEN 13+		Heat:5, starttime: 14:47
Heat: 5/12 Lane : 4 Athlete: PROUVÉ VIKTOR		Q-time: 00:29:79
PB (50m pool): 00:30.41 Wezenberg 04/01/2026		PB (25m pool): 00:29.79 SB: 00:30.41 Wezenberg 04/01/2026
	50 M	
PB	00:30.41	
	00:30.41	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:3, starttime: 14:57
Heat: 3/12 Lane : 1 Athlete: KERCKHOFS WOUKE		Q-time: 00:35:13
PB (50m pool): 00:35.13 Wezenberg 04/01/2026		PB (25m pool): 00:35.39 SB: 00:35.13 Wezenberg 04/01/2026
	50 M	
PB	00:35.13	
	00:35.13	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:8, starttime: 15:03
Heat: 8/12 Lane : 4 Athlete: KERCKHOFS NIENKE		Q-time: 00:30:16
PB (50m pool): 00:31.19 Antwerpen 20/04/2025		PB (25m pool): 00:30.16 SB: no time
	50 M	
PB	00:31.19	
	00:31.19	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:10, starttime: 15:05
Heat: 10/12 Lane : 6 Athlete: VANDERLINDEN PAULIEN		Q-time: 00:29:38
PB (50m pool): 00:30.19 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:29.38 SB: 00:30.92 Wezenberg 03/01/2026
	50 M	
PB	00:30.19	
	00:30.19	
	

Coach feedback:

PK 50m bad: Session: 4: COACH evaluation sheet for TEAM: BEST

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:1, starttime: 15:11	
Heat: 1/5 Lane : 6 Athlete: JAMAR ALEXANDER				Q-time: 03:34:20	
PB (50m pool): 03:34.20 Antwerpen 13/07/2025			PB (25m pool): 03:41.78 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.42	01:43.79	02:40.77	03:34.20	
	<i>00:48.42</i>	<i>00:55.37</i>	<i>00:56.98</i>	<i>00:53.43</i>	
	

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:5, starttime: 15:26	
Heat: 5/5 Lane : 6 Athlete: VAN HOOFF COBE				Q-time: 02:34:10	
PB (50m pool): 02:42.27 Antwerpen 27/07/2025			PB (25m pool): 02:34.10 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.27	01:17.32	01:59.80	02:42.27	
	<i>00:36.27</i>	<i>00:41.05</i>	<i>00:42.48</i>	<i>00:42.47</i>	
	

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+				Heat:2, starttime: 15:53	
Heat: 2/5 Lane : 4 Athlete: KERCKHOFS WOUKE				Q-time: 03:17:62	
PB (50m pool): no time			PB (25m pool): 03:17.62 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:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 16:11		
Heat: 2/11 Lane : 2 Athlete: VANINBROUKX TOON			Q-time: 01:33:97		
PB (50m pool): 01:33.97 SportinGenk Park 11/11/2025		PB (25m pool): 01:40.00 SB: 01:33.97 SportinGenk Park 11/11/2025			
	5 0 M	1 0 0 M			
PB	no time	01:33.97			
	<i>no time</i>				
			

Coach feedback:

PK 50m bad: Session: 4: COACH evaluation sheet for TEAM: BEST

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:2, starttime: 16:11	
Heat: 2/11 Lane : 4 Athlete: VANGENECHTEN MATTHIAS		Q-time: 01:31:47	
PB (50m pool): 01:36.03 SportinGenk Park 11/11/2025		PB (25m pool): 01:31.47 SB: 01:36.03 SportinGenk Park 11/11/2025	
	50 M	100 M	
PB	no time	01:36.03	
	<i>no time</i>		
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:4, starttime: 16:16	
Heat: 4/11 Lane : 3 Athlete: SCHEEPERS ELIAZ		Q-time: 01:25:85	
PB (50m pool): 01:28.92 SportinGenk Park 11/11/2025		PB (25m pool): 01:25.85 SB: 01:28.92 SportinGenk Park 11/11/2025	
	50 M	100 M	
PB	no time	01:28.92	
	<i>no time</i>		
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:8, starttime: 16:23	
Heat: 8/11 Lane : 5 Athlete: PROUVÉ VIKTOR		Q-time: 01:12:00	
PB (50m pool): 01:14.66 Wezenberg 04/01/2026		PB (25m pool): 01:12.00 SB: 01:14.66 Wezenberg 04/01/2026	
	50 M	100 M	
PB	00:36.42	01:14.66	
	<i>00:36.42</i>	<i>00:38.24</i>	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:7, starttime: 16:43	
Heat: 7/9 Lane : 1 Athlete: KERCKHOFS NIENKE		Q-time: 01:15:73	
PB (50m pool): 01:16.71 Antwerpen 13/07/2025		PB (25m pool): 01:15.38 SB: 01:17.36 SportinGenk Park 11/11/2025	
	50 M	100 M	
PB	00:36.84	01:16.71	
	<i>00:36.84</i>	<i>00:39.87</i>	
	

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:9, starttime: 16:46		
Heat: 9/9 Lane : 2 Athlete: VANDERLINDEN PAULIEN			Q-time: 01:09:34		
PB (50m pool): 01:11.15 Antwerpen 20/07/2025			PB (25m pool): 01:09.34 SB: 01:12.59 SportinGenk Park 11/11/2025		
	5 0 M	1 0 0 M			
PB	00:34.21	01:11.15			
	<i>00:34.21</i>	<i>00:36.94</i>			
			

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+				Heat:1, starttime: 16:48	
Heat: 1/8 Lane : 6 Athlete: SCHEEPERS ELIAZ				Q-time: 03:18:63	
PB (50m pool): 03:18.63 SportinGenk Park 11/11/2025			PB (25m pool): 03:01.73 SB: 03:18.63 SportinGenk Park 11/11/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:18.63	
	<i>no time</i>				
	

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+				Heat:4, starttime: 16:59	
Heat: 4/8 Lane : 2 Athlete: PROUVé VIKTOR				Q-time: 02:36:96	
PB (50m pool): 02:44.53 Antwerpen 20/07/2025			PB (25m pool): 02:36.96 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.89	01:17.62	02:07.14	02:44.53	
	<i>00:34.89</i>	<i>00:42.73</i>	<i>00:49.52</i>	<i>00:37.39</i>	
	

Coach feedback:

Event number: 38: 4x100M FREESTYLE WOMEN 11+							Heat:1, starttime: 17:40	
Heat: 1/2 Lane : 5 Athlete: TEAM BEST							Q-time: 04:41:64	
PB (50m pool):			PB (25m pool):			SB:		
	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								

Coach feedback: