

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

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

Coaches: Sevenants Marc

Coaches: De Punder Wout

Coaches: Roosen Anouk

Coaches: De Decker Tania 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 : 2 Athlete: ALLOING MYLAN **Q-time: 02:04:98**

PB (50m pool): no time **PB (25m pool): 02:04.98 SB: no time**

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

Coach feedback:

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

Heat: 1/4 Lane : 5 Athlete: TOBAC RIK **Q-time: 02:03:02**

PB (50m pool): 02:03.02 Seraing 26/01/2025 **PB (25m pool): 01:50.05 SB: no time**

	50 M	100 M	
PB	00:59.79	02:03.02	
	<i>00:59.79</i>	<i>01:03.23</i>	
	

Coach feedback:

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

Heat: 1/12 Lane : 5 Athlete: LAENEN CID **Q-time: 00:35:66**

PB (50m pool): 00:36.59 Seraing 26/01/2025 **PB (25m pool): 00:35.66 SB: no time**

	50 M	
PB	00:36.59	
	<i>00:36.59</i>	
	

Coach feedback:

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Event number: 31: 50M FREESTYLE MEN 13+		Heat:4, starttime: 14:46
Heat: 4/12 Lane : 8 Athlete: VAN GORP LUCAS		Q-time: 00:31:37
PB (50m pool): 00:33.58 Seraing 26/01/2025		PB (25m pool): 00:31.37 SB: no time
	50 M	
PB	00:33.58	
	00:33.58	
	

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:6, starttime: 14:48
Heat: 6/12 Lane : 1 Athlete: JORIS JESSE		Q-time: 00:29:53
PB (50m pool): 00:29.53 Antwerpen 13/07/2025		PB (25m pool): 00:30.07 SB: no time
	50 M	
PB	00:29.53	
	00:29.53	
	

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:6, starttime: 14:48
Heat: 6/12 Lane : 8 Athlete: FLORES SéBASTIEN		Q-time: 00:29:64
PB (50m pool): 00:30.74 Antwerpen 13/07/2025		PB (25m pool): 00:30.44 SB: no time
	50 M	
PB	00:30.74	
	00:30.74	
	

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:9, starttime: 14:51
Heat: 9/12 Lane : 5 Athlete: CAMBRON WARD		Q-time: 00:26:73
PB (50m pool): 00:26.88 Antwerpen 13/07/2025		PB (25m pool): 00:26.73 SB: no time
	50 M	
PB	00:26.88	
	00:26.88	
	

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:1, starttime: 14:55
Heat: 1/12 Lane : 5 Athlete: FERNANDEZ PEDRERA TARIK MAISSA		Q-time: 00:37:20
PB (50m pool): 00:37.86 Antwerpen 13/07/2025		PB (25m pool): 00:37.20 SB: no time
	50 M	
PB	00:37.86	
	00:37.86	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:3, starttime: 14:57
Heat: 3/12 Lane : 3 Athlete: ADAM MAELINE		Q-time: 00:34:55
PB (50m pool): 00:35.37 Seraing 26/01/2025		PB (25m pool): 00:34.55 SB: no time
	50 M	
PB	00:35.37	
	00:35.37	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:4, starttime: 14:59
Heat: 4/12 Lane : 2 Athlete: GIJSENBURG WINKE		Q-time: 00:33:54
PB (50m pool): 00:37.06 Antwerp 14/04/2024		PB (25m pool): 00:33.54 SB: no time
	50 M	
PB	00:37.06	
	00:37.06	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:4, starttime: 14:59
Heat: 4/12 Lane : 5 Athlete: FERNANDEZ PEDRERA TARIK LAILA		Q-time: 00:32:86
PB (50m pool): 00:33.93 Antwerp 14/04/2024		PB (25m pool): 00:32.86 SB: no time
	50 M	
PB	00:33.93	
	00:33.93	
	

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:6, starttime: 15:01	
Heat: 6/12 Lane : 5 Athlete: ALLOING MYRTHE		Q-time: 00:31:45	
PB (50m pool): 00:32.11 Antwerpen 14/07/2024		PB (25m pool): 00:31.45 SB: no time	
	50 M		
PB	00:32.11		
	00:32.11		
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:8, starttime: 15:03	
Heat: 8/12 Lane : 7 Athlete: VAN BOXSTAEL NORA		Q-time: 00:30:63	
PB (50m pool): 00:30.63 Antwerpen 20/04/2025		PB (25m pool): 00:30.95 SB: no time	
	50 M		
PB	00:30.63		
	00:30.63		
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:10, starttime: 15:05	
Heat: 10/12 Lane : 4 Athlete: DESMET STERRE		Q-time: 00:29:32	
PB (50m pool): 00:30.54 Antwerp 14/04/2024		PB (25m pool): 00:29.32 SB: no time	
	50 M		
PB	00:30.54		
	00:30.54		
		

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:2, starttime: 15:15	
Heat: 2/5 Lane : 5 Athlete: CHABOTTIER LARGO				Q-time: 03:04:31	
PB (50m pool): 03:04.31 Antwerpen 20/07/2025				PB (25m pool): 03:05.89 SB: no time	
	50 M	100 M	150 M	200 M	
PB	00:41.95	01:28.49	02:17.01	03:04.31	
	00:41.95	00:46.54	00:48.52	00:47.30	
	

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:2, starttime: 15:15	
Heat: 2/5 Lane : 6 Athlete: VAN GORP LUCAS				Q-time: 03:09:22	
PB (50m pool): 03:40.08 Seraing 26/01/2025			PB (25m pool): 03:09.22 SB: no time		
	50 M	100 M	150 M	200 M	
PB	00:53.24	01:49.78	02:46.43	03:40.08	
	00:53.24	00:56.54	00:56.65	00:53.65	
	

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+				Heat:3, starttime: 15:58	
Heat: 3/5 Lane : 7 Athlete: FERNANDEZ PEDRERA TARIK LAILA				Q-time: 03:12:55	
PB (50m pool): 03:27.94 Seraing 24/03/2024			PB (25m pool): 03:12.55 SB: no time		
	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	03:27.94	
	no time				
	

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+				Heat:4, starttime: 16:01	
Heat: 4/5 Lane : 1 Athlete: VAN BOXSTAEI NORA				Q-time: 03:01:23	
PB (50m pool): 03:16.68 Seraing 26/01/2025			PB (25m pool): 03:01.23 SB: no time		
	50 M	100 M	150 M	200 M	
PB	00:46.27	01:36.65	02:28.13	03:16.68	
	00:46.27	00:50.38	00:51.48	00:48.55	
	

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+				Heat:4, starttime: 16:01	
Heat: 4/5 Lane : 3 Athlete: AMADOU CAMILLE				Q-time: 02:59:41	
PB (50m pool): 03:01.96 Charleroi 11/05/2025			PB (25m pool): 02:59.41 SB: no time		
	50 M	100 M	150 M	200 M	
PB	00:43.33	01:29.57	02:17.78	03:01.96	
	00:43.33	00:46.24	00:48.21	00:44.18	
	

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+		Heat:1, starttime: 16:09	
Heat: 1/11 Lane : 1 Athlete: TOBAC RIK		Q-time: 01:59:26	
PB (50m pool): 01:59.26 Woluwe-Saint-Pierre 29/03/2025		PB (25m pool): 01:56.50 SB: no time	
	50 M	100 M	
PB	no time	01:59.26	
	<i>no time</i>		
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:2, starttime: 16:11	
Heat: 2/11 Lane : 5 Athlete: LAENEN CID		Q-time: 01:31:94	
PB (50m pool): 01:33.99 Seraing 26/01/2025		PB (25m pool): 01:31.94 SB: no time	
	50 M	100 M	
PB	00:46.31	01:33.99	
	<i>00:46.31</i>	<i>00:47.68</i>	
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:8, starttime: 16:23	
Heat: 8/11 Lane : 1 Athlete: FLORES SéBASTIEN		Q-time: 01:15:09	
PB (50m pool): 01:19.45 Wezenberg 03/01/2026		PB (25m pool): 01:15.09 SB: 01:19.45 Wezenberg 03/01/2026	
	50 M	100 M	
PB	00:38.05	01:19.45	
	<i>00:38.05</i>	<i>00:41.40</i>	
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:8, starttime: 16:23	
Heat: 8/11 Lane : 6 Athlete: JORIS JESSE		Q-time: 01:12:31	
PB (50m pool): 01:20.15 Seraing 26/01/2025		PB (25m pool): 01:12.31 SB: no time	
	50 M	100 M	
PB	00:39.02	01:20.15	
	<i>00:39.02</i>	<i>00:41.13</i>	
	

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:1, starttime: 16:30	
Heat: 1/9 Lane : 3 Athlete: FERNANDEZ PEDRERA TARIK MAISSA		Q-time: 01:47:27	
PB (50m pool): 01:47.27 Antwerpen 13/07/2025		PB (25m pool): no time SB: no time	
	50 M	100 M	
PB	00:52.03	01:47.27	
	<i>00:52.03</i>	<i>00:55.24</i>	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:3, starttime: 16:35	
Heat: 3/9 Lane : 4 Athlete: AMADOU CAMILLE		Q-time: 01:22:00	
PB (50m pool): 01:26.19 Woluwe-Saint-Pierre 29/03/2025		PB (25m pool): 01:22.00 SB: no time	
	50 M	100 M	
PB	no time	01:26.19	
	<i>no time</i>		
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:4, starttime: 16:37	
Heat: 4/9 Lane : 1 Athlete: ADAM MAELINE		Q-time: 01:21:68	
PB (50m pool): 01:38.97 Woluwe-Saint-Pierre 16/03/2024		PB (25m pool): 01:21.68 SB: no time	
	50 M	100 M	
PB	no time	01:38.97	
	<i>no time</i>		
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:5, starttime: 16:39	
Heat: 5/9 Lane : 7 Athlete: GIJSENBURG WINKE		Q-time: 01:20:12	
PB (50m pool): 01:32.10 Antwerp 14/04/2024		PB (25m pool): 01:20.12 SB: no time	
	50 M	100 M	
PB	no time	01:32.10	
	<i>no time</i>		
	

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:6, starttime: 16:41
Heat: 6/9 Lane : 8 Athlete: ALLOING MYRTHE			Q-time: 01:17:99
PB (50m pool): 01:20.27 Antwerpen 14/07/2024		PB (25m pool): 01:15.74 SB: no time	
	50 M	100 M	
PB	no time	01:20.27	
	<i>no time</i>		
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:8, starttime: 16:44
Heat: 8/9 Lane : 2 Athlete: DESMET STERRE			Q-time: 01:12:72
PB (50m pool): 01:15.11 Antwerpen 21/07/2024		PB (25m pool): 01:12.72 SB: 01:15.76 Wezenberg 03/01/2026	
	50 M	100 M	
PB	no time	01:15.11	
	<i>no time</i>		
	

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+				Heat:3, starttime: 16:56
Heat: 3/8 Lane : 3 Athlete: CHABOTTIER LARGO				Q-time: 02:40:16
PB (50m pool): 02:41.78 Antwerpen 20/07/2025		PB (25m pool): 02:40.16 SB: no time		
	50 M	100 M	150 M	200 M
PB	00:34.15	01:16.34	02:04.92	02:41.78
	<i>00:34.15</i>	<i>00:42.19</i>	<i>00:48.58</i>	<i>00:36.86</i>

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+				Heat:5, starttime: 17:02
Heat: 5/8 Lane : 1 Athlete: CAMBRON WARD				Q-time: 02:33:15
PB (50m pool): 02:48.63 Seraing 24/03/2024		PB (25m pool): 02:33.15 SB: no time		
	50 M	100 M	150 M	200 M
PB	no time	no time	no time	02:48.63
	<i>no time</i>			

Coach feedback:

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Event number: 38: 4x100M FREESTYLE WOMEN 11+						Heat:2, starttime: 17:45		
Heat: 2/2 Lane : 8 Athlete: TEAM KLSVZ						Q-time: 04:27:75		
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: