

Midwintertest: Session: 1: COACH evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ 13:45 The listed starttimes are indicative!

Coaches: Bijloos Annie

Coaches: De Smedt Leny HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M BUTTERFLY WOMEN **Heat:2, starttime: 14:02**

Heat: 2/2 Lane : 4 Athlete: VAN DEN BREMT SARAH **Q-time: 01:10:97**

PB (50m pool): 01:10.97 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:10.96 SB: no time

	5 0 M	1 0 0 M	
PB	00:32.70	01:10.97	
	00:32.70	00:38.27	
			

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN **Heat:2, starttime: 14:24**

Heat: 2/3 Lane : 7 Athlete: VAN DEN BREMT MATHIAS **Q-time: 01:23:08**

PB (50m pool): 01:23.08 Gent (Rozebroeken) 03/03/2024 PB (25m pool): 01:09.59 SB: no time

	5 0 M	1 0 0 M	
PB	no time	01:23.08	
	no time		
			

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN **Heat:3, starttime: 14:27**

Heat: 3/3 Lane : 8 Athlete: MAES JORDY **Q-time: 01:14:56**

PB (50m pool): 01:14.56 Antwerp 09/02/2025 PB (25m pool): 01:13.19 SB: no time

	5 0 M	1 0 0 M	
PB	00:36.26	01:14.56	
	00:36.26	00:38.30	
			

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN			Heat:2, starttime: 14:32
Heat: 2/4 Lane : 3 Athlete: DEBAETS ELIEN			Q-time: 01:38:65
PB (50m pool): 01:38.65 Antwerpen 13/07/2025			PB (25m pool): 01:32.64 SB: no time
	5 0 M	1 0 0 M	
PB	00:46.31	01:38.65	
	00:46.31	00:52.34	
			

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN			Heat:2, starttime: 14:32
Heat: 2/4 Lane : 5 Athlete: VAN DEN BREMT SARAH			Q-time: 01:34:42
PB (50m pool): 01:34.42 Molenbeek 18/02/2024			PB (25m pool): 01:26.00 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:34.42	
	no time		
			

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN			Heat:1, starttime: 14:38
Heat: 1/3 Lane : 1 Athlete: VAN DEN BREMT MATHIAS			Q-time: 99:99:99
PB (50m pool): 01:38.64 Antwerpen 16/07/2023			PB (25m pool): 01:20.73 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:38.64	
	no time		
			

Coach feedback:

Event number: 8: 100M FREESTYLE MEN			Heat:2, starttime: 14:52
Heat: 2/3 Lane : 2 Athlete: POPPE WARRE			Q-time: 01:04:14
PB (50m pool): 01:04.14 Antwerpen 13/07/2025			PB (25m pool): 00:59.81 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.36	01:04.14	
	00:31.36	00:32.78	
			

Coach feedback:

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Event number: 9: 200M MEDLEY WOMEN					Heat:3, starttime: 15:03
Heat: 3/3 Lane : 6 Athlete: VAN DE WINKEL LOLA					Q-time: 02:45:03
PB (50m pool): 02:45.03 Antwerpen 20/07/2025					PB (25m pool): 02:41.98 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.64	01:19.39	02:06.53	02:45.03	
	00:35.64	00:43.75	00:47.14	00:38.50	
					

Coach feedback:

Event number: 10: 200M MEDLEY MEN					Heat:2, starttime: 15:11
Heat: 2/3 Lane : 1 Athlete: BOEL ELIAS					Q-time: 03:02:83
PB (50m pool): 03:02.83 Antwerpen 13/07/2025					PB (25m pool): 03:03.42 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.64	01:29.01	02:21.45	03:02.83	
	00:43.64	00:45.37	00:52.44	00:41.38	
					

Coach feedback:

Event number: 10: 200M MEDLEY MEN					Heat:3, starttime: 15:15
Heat: 3/3 Lane : 1 Athlete: POPPE WARRE					Q-time: 02:34:99
PB (50m pool): 02:34.99 Antwerpen 20/07/2025					PB (25m pool): 02:29.61 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.95	01:14.59	02:00.47	02:34.99	
	00:34.95	00:39.64	00:45.88	00:34.52	
					

Coach feedback:

Event number: 11: 200M MEDLEY MIXED 10-10					Heat:1, starttime: 15:18
Heat: 1/1 Lane : 6 Athlete: HUYLEBROECK JANNE					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 03:53.25 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	
	no time				
					

Coach feedback:

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Event number: 13: 400M FREESTYLE WOMEN							Heat:3, starttime: 15:37	
Heat: 3/3 Lane : 1 Athlete: VANDER MIJNSBRUGGE LORE							Q-time: 05:39:33	
PB (50m pool): 05:39.33 Charleroi 12/01/2025				PB (25m pool): 05:27.20SB: 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	01:19.88	no time	02:48.16	no time	no time	no time	05:39.33
	no time							
								

Coach feedback:

Event number: 13: 400M FREESTYLE WOMEN							Heat:3, starttime: 15:37	
Heat: 3/3 Lane : 2 Athlete: VAN DE WINKEL LOLA							Q-time: 05:28:12	
PB (50m pool): 05:28.12 Charleroi 12/01/2025			PB (25m pool): 05:11.46SB: 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	01:18.71	no time	02:42.14	no time	no time	no time	05:28.12
	no time							
								

Coach feedback:

Event number: 14: 400M FREESTYLE MEN							Heat:2, starttime: 15:50	
Heat: 2/2 Lane : 3 Athlete: BOONE FELIX							Q-time: 05:05:73	
PB (50m pool): 05:05.73 Aalst 28/06/2025				PB (25m pool): 04:59.56SB: 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	00:33.68	01:10.94	01:49.75	02:29.62	03:09.01	03:48.64	04:28.69	05:05.73
	00:33.68	00:37.26	00:38.81	00:39.87	00:39.39	00:39.63	00:40.05	00:37.04
								

Coach feedback:

Event number: 14: 400M FREESTYLE MEN							Heat:2, starttime: 15:50	
Heat: 2/2 Lane : 6 Athlete: MAES JORDY							Q-time: 05:10:37	
PB (50m pool): 05:10.37 Antwerpen 27/07/2025				PB (25m pool): 05:00.61 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	00:35.90	01:13.17	01:53.43	02:33.77	03:13.90	03:53.76	04:33.26	05:10.37
	00:35.90	00:37.27	00:40.26	00:40.34	00:40.13	00:39.86	00:39.50	00:37.11
								

Coach feedback:

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Event number: 20: 200M BACKSTROKE MEN					Heat:1, starttime: 16:30
Heat: 1/3 Lane : 4 Athlete: BOEL ELIAS					Q-time: 03:08:25
PB (50m pool): 03:08.25 WACHTEBEKE 19/01/2025 PB (25m pool): 03:17.88 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:34.29	no time	03:08.25	
	no time				
					

Coach feedback:

Event number: 20: 200M BACKSTROKE MEN					Heat:2, starttime: 16:34
Heat: 2/3 Lane : 4 Athlete: DE COCK MATZ					Q-time: 02:45:88
PB (50m pool): 02:45.88 WACHTEBEKE 19/01/2025 PB (25m pool): 02:41.02 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:22.20	no time	02:45.88	
	no time				
					

Coach feedback:

Event number: 23: 200M FREESTYLE WOMEN					Heat:1, starttime: 17:09
Heat: 1/3 Lane : 6 Athlete: DEBAETS ELIEN					Q-time: 02:47:67
PB (50m pool): 02:47.67 Antwerpen 13/07/2025 PB (25m pool): 02:41.78 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.41	01:22.17	02:06.97	02:47.67	
	00:38.41	00:43.76	00:44.80	00:40.70	
					

Coach feedback:

Event number: 23: 200M FREESTYLE WOMEN					Heat:2, starttime: 17:13
Heat: 2/3 Lane : 2 Athlete: VANDER MIJNSBRUGGE LORE					Q-time: 02:31:88
PB (50m pool): 02:31.88 Antwerpen 13/07/2025 PB (25m pool): 02:28.60 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.10	01:14.03	01:54.62	02:31.88	
	00:35.10	00:38.93	00:40.59	00:37.26	
					

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Event number: 24: 200M FREESTYLE MEN					Heat:2, starttime: 17:23
Heat: 2/3 Lane : 3 Athlete: BOONE FELIX					Q-time: 02:23:51
PB (50m pool): 02:23.51 Antwerpen 13/07/2025					PB (25m pool): 02:17.46 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.01	01:09.42	01:47.01	02:23.51	
	00:33.01	00:36.41	00:37.59	00:36.50	
					

Coach feedback:

Event number: 24: 200M FREESTYLE MEN					Heat:2, starttime: 17:23
Heat: 2/3 Lane : 6 Athlete: DE COCK MATZ					Q-time: 02:24:03
PB (50m pool): 02:24.03 Antwerpen 13/07/2025					PB (25m pool): 02:23.57 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.31	01:10.44	01:48.47	02:24.03	
	00:33.31	00:37.13	00:38.03	00:35.56	
					

Coach feedback: