

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 12:30 untill 13:20. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Smet Elke HEADCOACH

Coaches: Bijloos Annie

Coaches: Schepers Jérôme

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 13:33
Heat: 2/11 Lane : 1 Athlete: HUYLEBROECK JANNE			Q-time: 02:03:35
PB (50m pool): no time			PB (25m pool): 02:03.35 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 13:35
Heat: 3/11 Lane : 3 Athlete: VANDERSTRAETEN HELENA			Q-time: 01:49:44
PB (50m pool): 01:57.85 Antwerpen 13/07/2025			PB (25m pool): 01:49.44 SB: no time
	5 0 M	1 0 0 M	
PB	00:54.36	01:57.85	
	00:54.36	01:03.49	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 13:38
Heat: 4/11 Lane : 3 Athlete: HEYLEN ROOS			Q-time: 01:43:44
PB (50m pool): 01:46.37 Antwerpen 13/07/2025			PB (25m pool): 01:43.44 SB: no time
	5 0 M	1 0 0 M	
PB	00:51.05	01:46.37	
	00:51.05	00:55.32	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 13:42
Heat: 6/11 Lane : 5 Athlete: BELMANS MARGAUX			Q-time: 01:36:50
PB (50m pool): 01:46.02 Antwerpen 13/07/2025			PB (25m pool): 01:36.50 SB: no time
	5 0 M	1 0 0 M	
PB	00:51.47	01:46.02	
	00:51.47	00:54.55	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 13:46
Heat: 8/11 Lane : 1 Athlete: DEBAETS ELIEN			Q-time: 01:32:64
PB (50m pool): 01:34.44 Aalst 20/12/2025			PB (25m pool): 01:32.64 SB: 01:34.44 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:43.27	01:34.44	
	00:43.27	00:51.17	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 13:50
Heat: 10/11 Lane : 5 Athlete: VAN DE WINKEL LOLA			Q-time: 01:23:64
PB (50m pool): 01:25.38 Antwerpen 20/07/2025			PB (25m pool): 01:23.64 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.74	01:25.38	
	00:40.74	00:44.64	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:2, starttime: 13:57
Heat: 2/7 Lane : 7 Athlete: BOEL ELIAS			Q-time: 01:32:48
PB (50m pool): 01:35.08 Antwerpen 13/07/2025			PB (25m pool): 01:32.48 SB: no time
	5 0 M	1 0 0 M	
PB	00:44.79	01:35.08	
	00:44.79	00:50.29	
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:4, starttime: 14:01
Heat: 4/7 Lane : 3 Athlete: DE COCK MATZ			Q-time: 01:23:49
PB (50m pool): 01:26.06 Antwerp 02/02/2025			PB (25m pool): 01:23.49 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.57	01:26.06	
	00:40.57	00:45.49	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:6, starttime: 14:05
Heat: 6/7 Lane : 6 Athlete: POPPE WARRE			Q-time: 01:15:69
PB (50m pool): 01:21.97 Charleroi 11/01/2026			PB (25m pool): 01:15.69 SB: 01:21.97 Charleroi 11/01/2026
	5 0 M	1 0 0 M	
PB	00:38.05	01:21.97	
	00:38.05	00:43.92	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:7, starttime: 14:07
Heat: 7/7 Lane : 7 Athlete: VERHULST MEINDERT			Q-time: 01:11:79
PB (50m pool): 01:13.24 Antwerpen 27/07/2025			PB (25m pool): 01:11.79 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.03	01:13.24	
	00:34.03	00:39.21	
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:5, starttime: 14:16
Heat: 5/7 Lane : 6 Athlete: VANDER MIJNSBRUGGE LORE			Q-time: 00:34:53
PB (50m pool): 00:37.35 Aalst 11/05/2025			PB (25m pool): 00:34.53 SB: no time
	5 0 M		
PB	00:37.35		
	00:37.35		
			

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Event number: 4: 50M BACKSTROKE MEN 13+		Heat:1, starttime: 14:20
Heat: 1/5 Lane : 6 Athlete: SCHEPERS RUBEN		Q-time: 00:41:28
PB (50m pool): 00:41.28 Aalst 11/05/2025		PB (25m pool): 00:40.57 SB: no time
	5 0 M	
PB	00:41.28	
	00:41.28	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 14:24
Heat: 3/5 Lane : 5 Athlete: MAES JORDY		Q-time: 00:34:69
PB (50m pool): 00:36.29 Kortrijk 04/05/2025		PB (25m pool): 00:34.69 SB: no time
	5 0 M	
PB	00:36.29	
	00:36.29	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:4, starttime: 14:25
Heat: 4/5 Lane : 5 Athlete: VAN DE WINKEL MILAN		Q-time: 00:32:52
PB (50m pool): 00:33.09 Antwerpen 13/07/2025		PB (25m pool): 00:32.52 SB: no time
	5 0 M	
PB	00:33.09	
	00:33.09	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:2, starttime: 14:30
Heat: 2/12 Lane : 2 Athlete: HUYLEBROECK JANNE		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	no time	
		

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Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 14:31
Heat: 3/12 Lane : 5 Athlete: BELMANS MARGAUX			Q-time: 00:50:73
PB (50m pool): 00:58.58 Antwerp 02/02/2025			PB (25m pool): 00:50.73 SB: no time
	5 0 M		
PB	00:58.58		
	00:58.58		
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 14:34
Heat: 5/12 Lane : 5 Athlete: VANDERSTRAETEN HELENA			Q-time: 00:43:51
PB (50m pool): 00:56.28 Antwerp 02/02/2025			PB (25m pool): 00:43.51 SB: no time
	5 0 M		
PB	00:56.28		
	00:56.28		
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 14:40
Heat: 10/12 Lane : 2 Athlete: DEN TANDT AMBER			Q-time: 00:33:90
PB (50m pool): 00:33.90 Antwerp 02/02/2025			PB (25m pool): 00:34.01 SB: no time
	5 0 M		
PB	00:33.90		
	00:33.90		
			

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+			Heat:3, starttime: 14:46
Heat: 3/7 Lane : 6 Athlete: SCHEPERS RUBEN			Q-time: 00:35:30
PB (50m pool): 00:38.10 Aalst 11/05/2025			PB (25m pool): 00:35.30 SB: no time
	5 0 M		
PB	00:38.10		
	00:38.10		
			

Coach feedback:

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Event number: 6: 50M BUTTERFLY MEN 13+										Heat:4, starttime: 14:47	
Heat: 4/7 Lane : 5 Athlete: LUYPAERT EDEN										Q-time: 00:33:42	
PB (50m pool): no time					PB (25m pool): 00:33.42 SB: no time						
	5 0 M										
PB	no time										
	no time										
											

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+										Heat:6, starttime: 14:49	
Heat: 6/7 Lane : 1 Athlete: VAN DEN BREMT MATHIAS										Q-time: 00:29:68	
PB (50m pool): 00:32.51 Aalst 11/05/2025										PB (25m pool): 00:29.68SB: no time	
	5 0 M										
PB	00:32.51										
	00:32.51										
											

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 14:59	
Heat: 2/6 Lane : 7 Athlete: HEYLEN ROOS							Q-time: 05:58:42	
PB (50m pool): 06:05.55 Aalst 28/06/2025				PB (25m pool): 05:58.42 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	00:39.66	01:26.17	02:13.38	03:00.47	03:47.68	04:34.70	05:21.06	06:05.55
	00:39.66	00:46.51	00:47.21	00:47.09	00:47.21	00:47.02	00:46.36	00:44.49
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 15:11	
Heat: 4/6 Lane : 1 Athlete: VANDER MIJNSBRUGGE LORE							Q-time: 05:15:72	
PB (50m pool): 05:15.72 Aalst 20/12/2025				PB (25m pool): 05:27.20SB: 05:15.72 Aalst 20/12/2025				
	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	00:36.23	01:15.70	01:56.78	02:36.65	03:18.28	03:59.36	04:39.78	05:15.72
	00:36.23	00:39.47	00:41.08	00:39.87	00:41.63	00:41.08	00:40.42	00:35.94
								

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Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:6, starttime: 15:23	
Heat: 6/6 Lane : 2 Athlete: VAN DEN BREMT SARAH							Q-time: 04:44:74	
PB (50m pool): 04:47.86 Antwerpen 27/07/2025				PB (25m pool): 04:44.74SB: 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	00:32.38	01:07.63	01:44.11	02:20.92	02:58.52	03:35.88	04:13.25	04:47.86
	00:32.38	00:35.25	00:36.48	00:36.81	00:37.60	00:37.36	00:37.37	00:34.61
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:2, starttime: 15:35	
Heat: 2/6 Lane : 8 Athlete: BOEL ELIAS							Q-time: 05:25:09	
PB (50m pool): 05:45.06 Aalst 28/06/2025				PB (25m pool): 05:25.09SB: 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	00:38.81	01:21.90	02:06.21	02:50.57	03:35.18	04:20.08	05:03.47	05:45.06
	00:38.81	00:43.09	00:44.31	00:44.36	00:44.61	00:44.90	00:43.39	00:41.59
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:3, starttime: 15:41	
Heat: 3/6 Lane : 2 Athlete: MAES JORDY							Q-time: 05:00:61	
PB (50m pool): 05:05.13 Aalst 20/12/2025			PB (25m pool): 05:00.61SB: 05:05.13 Aalst 20/12/2025					
	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	00:34.82	01:11.44	01:48.88	02:27.73	03:06.82	03:46.61	04:26.43	05:05.13
	00:34.82	00:36.62	00:37.44	00:38.85	00:39.09	00:39.79	00:39.82	00:38.70
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:3, starttime: 15:41	
Heat: 3/6 Lane : 5 Athlete: BOONE FELIX							Q-time: 04:59:56	
PB (50m pool): 05:02.94 Aalst 20/12/2025				PB (25m pool): 04:59.56SB: 05:02.94 Aalst 20/12/2025				
	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	00:32.75	01:10.19	01:48.75	02:27.97	03:07.14	03:46.65	04:25.62	05:02.94
	00:32.75	00:37.44	00:38.56	00:39.22	00:39.17	00:39.51	00:38.97	00:37.32
								

Coach feedback:

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Event number: 8: 400M FREESTYLE MEN 13+							Heat:3, starttime: 15:41	
Heat: 3/6 Lane : 7 Athlete: DE COCK MATZ							Q-time: 05:01:32	
PB (50m pool): 05:06.98 WACHTEBEKE 19/01/2025				PB (25m pool): 05:01.32 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	01:12.75	no time	02:32.20	no time	no time	no time	05:06.98
	no time							
								

Coach feedback:

Event number: 9: 4x100M MEDLEY WOMEN 11+							Heat:2, starttime: 16:09	
Heat: 2/2 Lane : 6 Athlete: TEAM AZL 1							Q-time: 05:19:35	
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: