

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

Coachinfo: Warming up from: 12:30 untill 13:20. Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Devriese Boris HEADCOACH

PB => Personal Best time

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

Event number: 2: 100M BREASTSTROKE MEN 13+

Heat:1, starttime: 13:55

Heat: 1/7 Lane : 6 Athlete: VAN NIEUWENHUYZE LUKAS

Q-time: 01:41:35

PB (50m pool): 01:46.49 Antwerpen 13/07/2025

PB (25m pool): 01:41.35 SB: no time

	50 M	100 M	
PB	00:49.81	01:46.49	
	00:49.81	00:56.68	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+

Heat:2, starttime: 13:57

Heat: 2/7 Lane : 2 Athlete: BOONEN KAREL

Q-time: 01:32:01

PB (50m pool): 01:38.16 Antwerp 26/01/2025

PB (25m pool): 01:32.01 SB: no time

	50 M	100 M	
PB	00:46.33	01:38.16	
	00:46.33	00:51.83	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+

Heat:2, starttime: 13:57

Heat: 2/7 Lane : 8 Athlete: VAN BRAECKEL SEPPE

Q-time: 01:35:50

PB (50m pool): 01:38.31 Antwerpen 20/07/2025

PB (25m pool): 01:35.50 SB: no time

	50 M	100 M	
PB	00:46.92	01:38.31	
	00:46.92	00:51.39	
			

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:5, starttime: 14:16
Heat: 5/7 Lane : 4 Athlete: STERKEN NILA		Q-time: 00:34:39
PB (50m pool): 00:34.39 La Louvière 25/05/2025 PB (25m pool): 00:33.36 SB: no time		
	5 0 M	
PB	00:34.39	
	00:34.39	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:1, starttime: 14:20
Heat: 1/5 Lane : 2 Athlete: HOEYMANS CEDRIC		Q-time: 00:41:38
PB (50m pool): 00:41.38 MOUSCRON 29/05/2025 PB (25m pool): 00:40.17 SB: no time		
	5 0 M	
PB	00:41.38	
	00:41.38	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:2, starttime: 14:22
Heat: 2/5 Lane : 2 Athlete: VAN BRAECKEL SEPPE		Q-time: 00:36:40
PB (50m pool): 00:40.88 Aalst 28/04/2024 PB (25m pool): 00:36.40 SB: no time		
	5 0 M	
PB	00:40.88	
	00:40.88	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:2, starttime: 14:22
Heat: 2/5 Lane : 4 Athlete: BOONEN KAREL		Q-time: 00:35:87
PB (50m pool): 00:38.86 Antwerpen 20/04/2025 PB (25m pool): 00:35.87 SB: no time		
	5 0 M	
PB	00:38.86	
	00:38.86	
		

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:7, starttime: 14:36
Heat: 7/12	Lane : 2	Athlete: VAN DE WALLE NORA
PB (50m pool): no time		PB (25m pool): 00:39.21 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:8, starttime: 14:38
Heat: 8/12	Lane : 6	Athlete: VAN LIERDE ROOS
PB (50m pool): 00:39.74 Antwerp 02/02/2025		PB (25m pool): 00:37.33 SB: no time
	5 0 M	
PB	00:39.74	
	00:39.74	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:11, starttime: 14:41
Heat: 11/12	Lane : 5	Athlete: STERKEN NILA
PB (50m pool): 00:31.95 Antwerpen 13/07/2025		PB (25m pool): 00:31.15 SB: no time
	5 0 M	
PB	00:31.95	
	00:31.95	
		

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:2, starttime: 14:45
Heat: 2/7	Lane : 6	Athlete: HOEYMANS CEDRIC
PB (50m pool): 00:45.22 Antwerp 02/02/2025		PB (25m pool): 00:41.24 SB: no time
	5 0 M	
PB	00:45.22	
	00:45.22	
		

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Event number: 6: 50M BUTTERFLY MEN 13+										Heat:2, starttime: 14:45	
Heat: 2/7 Lane : 7 Athlete: VAN NIEUWENHUYZE LUKAS										Q-time: 00:42:01	
PB (50m pool): no time										PB (25m pool): 00:42.01 SB: no time	
	5 0 M										
PB	no time										
	no time										
											

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+						Heat:2, starttime: 14:59		
Heat: 2/6 Lane : 6 Athlete: VAN DE WALLE NORA						Q-time: 05:54:96		
PB (50m pool): 06:00.49 Kortrijk 26/12/2025						PB (25m pool): 05:54.96 SB: 06:00.49 Kortrijk 26/12/2025		
	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	00:36.76	01:19.56	02:05.30	02:53.05	03:38.92	04:26.62	05:14.81	06:00.49
	00:36.76	00:42.80	00:45.74	00:47.75	00:45.87	00:47.70	00:48.19	00:45.68
								

Coach feedback: