

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

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

Coaches: Buyck Sara

Coaches: Christiaens Charlot HEADCOACH

Coaches: Vlamijnck Robin

Coaches: Schepens Thiele

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 : 6 Athlete: DEGRANDE NORE			Q-time: 01:56:36
PB (50m pool): 01:59.29 Wezenberg 04/01/2026			PB (25m pool): 01:56.36 SB: 01:59.29 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:55.17	01:59.29	
	00:55.17	01:04.12	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 13:38
Heat: 4/11 Lane : 4 Athlete: DE MUER ANNA			Q-time: 01:42:60
PB (50m pool): 01:42.60 Wezenberg 04/01/2026			PB (25m pool): 01:46.24 SB: 01:42.60 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:47.47	01:42.60	
	00:47.47	00:55.13	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 13:40
Heat: 5/11 Lane : 5 Athlete: VAN DE STEENE LORE			Q-time: 01:41:24
PB (50m pool): 01:42.99 Wezenberg 04/01/2026			PB (25m pool): 01:41.24 SB: 01:42.99 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:48.00	01:42.99	
	00:48.00	00:54.99	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 13:40
Heat: 5/11 Lane : 6 Athlete: DE SMET LORE			Q-time: 01:41:71
PB (50m pool): 01:44.81 Wezenberg 04/01/2026			PB (25m pool): 01:41.71 SB: 01:44.81 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:49.38	01:44.81	
	00:49.38	00:55.43	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 13:40
Heat: 5/11 Lane : 8 Athlete: DE VUSSER LAURE			Q-time: 01:42:25
PB (50m pool): 01:47.44 Wezenberg 04/01/2026			PB (25m pool): 01:42.25 SB: 01:47.44 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:50.97	01:47.44	
	00:50.97	00:56.47	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 13:42
Heat: 6/11 Lane : 7 Athlete: BERKEIN FRANCESCA			Q-time: 01:38:19
PB (50m pool): 01:39.25 Wezenberg 04/01/2026			PB (25m pool): 01:38.19 SB: 01:39.25 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:47.25	01:39.25	
	00:47.25	00:52.00	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:7, starttime: 13:44
Heat: 7/11 Lane : 6 Athlete: DE MULDER MAÏTHÉ			Q-time: 01:33:89
PB (50m pool): 01:36.70 Wezenberg 04/01/2026			PB (25m pool): 01:33.08 SB: 01:36.70 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:46.22	01:36.70	
	00:46.22	00:50.48	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 13:52
Heat: 11/11 Lane : 6 Athlete: BERKEIN ALESSIA			Q-time: 01:21:12
PB (50m pool): 01:24.39 Wezenberg 04/01/2026			PB (25m pool): 01:21.12 SB: 01:24.39 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:39.43	01:24.39	
	00:39.43	00:44.96	
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 14:12
Heat: 3/7 Lane : 2 Athlete: DE WULF ALEXINE			Q-time: 00:37:43
PB (50m pool): 00:39.45 Kortrijk 04/05/2025			PB (25m pool): 00:37.43 SB: no time
	5 0 M		
PB	00:39.45		
	00:39.45		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:4, starttime: 14:14
Heat: 4/7 Lane : 4 Athlete: LONCKE JUTTA			Q-time: 00:34:82
PB (50m pool): 00:36.87 Aalst 28/06/2025			PB (25m pool): 00:34.82 SB: no time
	5 0 M		
PB	00:36.87		
	00:36.87		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:5, starttime: 14:16
Heat: 5/7 Lane : 7 Athlete: DE SMUL PAULINE			Q-time: 00:34:60
PB (50m pool): 00:35.80 Wezenberg 03/01/2026			PB (25m pool): 00:34.57 SB: 00:35.80 Wezenberg 03/01/2026
	5 0 M		
PB	00:35.80		
	00:35.80		
			

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:6, starttime: 14:17
Heat: 6/7 Lane : 4 Athlete: BUYLE GEIKE		Q-time: 00:32:81
PB (50m pool): 00:36.86 Kortrijk 04/05/2025		PB (25m pool): 00:32.81 SB: no time
	5 0 M	
PB	00:36.86	
	00:36.86	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:6, starttime: 14:17
Heat: 6/7 Lane : 6 Athlete: BUYLE LAURE		Q-time: 00:33:53
PB (50m pool): 00:36.37 Kortrijk 04/05/2025		PB (25m pool): 00:33.53 SB: no time
	5 0 M	
PB	00:36.37	
	00:36.37	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:2, starttime: 14:22
Heat: 2/5 Lane : 3 Athlete: DEGRANDE VIC		Q-time: 00:36:23
PB (50m pool): 00:36.23 Kortrijk 04/05/2025		PB (25m pool): 00:35.10 SB: no time
	5 0 M	
PB	00:36.23	
	00:36.23	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 14:24
Heat: 3/5 Lane : 3 Athlete: DE SMET KOBE		Q-time: 00:34:86
PB (50m pool): 00:37.92 Kortrijk 04/05/2025		PB (25m pool): 00:34.86 SB: no time
	5 0 M	
PB	00:37.92	
	00:37.92	
		

Coach feedback:

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Event number: 4: 50M BACKSTROKE MEN 13+		Heat:4, starttime: 14:25
Heat: 4/5 Lane : 3 Athlete: VROMAN FINN		Q-time: 00:32:64
PB (50m pool): 00:36.60 Kortrijk 04/05/2025		PB (25m pool): 00:32.64 SB: no time
	5 0 M	
PB	00:36.60	
	00:36.60	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:4, starttime: 14:25
Heat: 4/5 Lane : 7 Athlete: DE BRUYNE BRIEK		Q-time: 00:33:18
PB (50m pool): 00:36.82 Kortrijk 04/05/2025		PB (25m pool): 00:33.18 SB: no time
	5 0 M	
PB	00:36.82	
	00:36.82	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:5, starttime: 14:27
Heat: 5/5 Lane : 1 Athlete: VROMAN WOUT		Q-time: 00:30:31
PB (50m pool): 00:33.07 Kortrijk 04/05/2025		PB (25m pool): 00:30.31 SB: no time
	5 0 M	
PB	00:33.07	
	00:33.07	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:2, starttime: 14:30
Heat: 2/12 Lane : 5 Athlete: DE VUSSER LAURE		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	
		

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+							Heat:3, starttime: 14:31		
Heat: 3/12 Lane : 3 Athlete: BERKEIN FRANCESCA							Q-time: 00:51:37		
PB (50m pool): 00:51.37 Wezenberg 04/01/2026							PB (25m pool): no time SB: 00:51.37 Wezenberg 04/01/2026		
	5 0 M								
PB	00:51.37								
	00:51.37								
									

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+						Heat:3, starttime: 14:31	
Heat: 3/12 Lane : 6 Athlete: VAN DE STEENE LORE						Q-time: 00:52:57	
PB (50m pool): 00:52.57 Wezenberg 04/01/2026						PB (25m pool): no time SB: 00:52.57 Wezenberg 04/01/2026	
	5 0 M						
PB	00:52.57						
	00:52.57						
							

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+							Heat:3, starttime: 14:31		
Heat: 3/12 Lane : 7 Athlete: DEGRANDE NORE							Q-time: 00:55:50		
PB (50m pool): 00:55.50 Wezenberg 04/01/2026							PB (25m pool): no time SB: 00:55.50 Wezenberg 04/01/2026		
	5 0 M								
PB	00:55.50								
	00:55.50								
									

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+							Heat:4, starttime: 14:33		
Heat: 4/12 Lane : 8 Athlete: DE SMET LORE							Q-time: 00:49:86		
PB (50m pool): 00:49.86 Wezenberg 04/01/2026							PB (25m pool): no time SB: 00:49.86 Wezenberg 04/01/2026		
	5 0 M								
PB	00:49.86								
	00:49.86								
									

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+										Heat:5, starttime: 14:34	
Heat: 5/12 Lane : 6 Athlete: DE MUER ANNA										Q-time: 00:44:12	
PB (50m pool): 00:44.12 Wezenberg 04/01/2026					PB (25m pool): no time SB: 00:44.12 Wezenberg 04/01/2026						
	5 0 M										
PB	00:44.12										
	00:44.12										
											

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+										Heat:7, starttime: 14:36	
Heat: 7/12 Lane : 5 Athlete: DE MULDER MAÏTHÉ										Q-time: 00:38:77	
PB (50m pool): 00:38.77 Wezenberg 04/01/2026					PB (25m pool): 00:40.64 SB: 00:38.77 Wezenberg 04/01/2026						
	5 0 M										
PB	00:38.77										
	00:38.77										
											

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+										Heat:11, starttime: 14:41	
Heat: 11/12 Lane : 7 Athlete: VAN DOORNE LORE										Q-time: 00:32:93	
PB (50m pool): 00:34.62 Wezenberg 05/01/2025										PB (25m pool): 00:32.93 SB: no time	
	5 0 M										
PB	00:34.62										
	00:34.62										
											

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 15:06	
Heat: 3/6 Lane : 1 Athlete: DE WULF ALEXINE							Q-time: 05:25:15	
PB (50m pool): 05:58.69 Aalst 21/12/2024				PB (25m pool): 05:25.15 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	00:40.98	01:27.18	02:13.75	03:00.26	03:47.14	04:32.88	05:17.26	05:58.69
	00:40.98	00:46.20	00:46.57	00:46.51	00:46.88	00:45.74	00:44.38	00:41.43
								

Coach feedback:

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Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 15:11	
Heat: 4/6 Lane : 5 Athlete: BUYLE LAURE							Q-time: 05:09:05	
PB (50m pool): 05:17.86 Antwerpen 14/07/2024				PB (25m pool): 05:09.05 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	no time	no time	no time	no time	no time	no time	05:17.86
	no time							
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 15:17	
Heat: 5/6 Lane : 2 Athlete: BUYLE GEIKE							Q-time: 04:59:10	
PB (50m pool): 05:13.60 Antwerpen 20/07/2025				PB (25m pool): 04:59.10 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	00:34.82	01:14.17	01:54.61	02:35.16	03:15.05	03:55.22	04:35.61	05:13.60
	00:34.82	00:39.35	00:40.44	00:40.55	00:39.89	00:40.17	00:40.39	00:37.99
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 15:17	
Heat: 5/6 Lane : 3 Athlete: BERKEIN ALESSIA							Q-time: 04:56:98	
PB (50m pool): 05:19.39 Kortrijk 04/05/2025				PB (25m pool): 04:56.98 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	00:35.04	01:14.57	01:55.78	02:36.84	03:18.12	03:59.07	04:39.89	05:19.39
	00:35.04	00:39.53	00:41.21	00:41.06	00:41.28	00:40.95	00:40.82	00:39.50
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 15:17	
Heat: 5/6 Lane : 5 Athlete: DE SMUL PAULINE							Q-time: 04:56:57	
PB (50m pool): 05:14.16 Antwerpen 16/07/2023				PB (25m pool): 04:56.57 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	no time	no time	no time	no time	no time	no time	05:14.16
	<i>no time</i>							
								

Coach feedback:

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Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 15:17	
Heat: 5/6 Lane : 7 Athlete: LONCKE JUTTA							Q-time: 04:59:60	
PB (50m pool): 05:01.77 Antwerpen 20/07/2025				PB (25m pool): 04:59.60SB: 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	00:33.27	01:10.58	01:49.35	02:28.69	03:07.68	03:46.71	04:24.83	05:01.77
	00:33.27	00:37.31	00:38.77	00:39.34	00:38.99	00:39.03	00:38.12	00:36.94
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:3, starttime: 15:41	
Heat: 3/6 Lane : 3 Athlete: DE SMET KOBE							Q-time: 04:59:70	
PB (50m pool): 05:02.31 Antwerpen 20/07/2025				PB (25m pool): 04:59.70 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	00:34.89	01:13.30	01:51.95	02:30.79	03:08.97	03:47.74	04:25.34	05:02.31
	00:34.89	00:38.41	00:38.65	00:38.84	00:38.18	00:38.77	00:37.60	00:36.97
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:3, starttime: 15:41	
Heat: 3/6 Lane : 6 Athlete: DE BRUYNE BRIEK							Q-time: 05:00:59	
PB (50m pool): 05:24.10 Antwerpen 14/07/2024				PB (25m pool): 05:00.59 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	no time	no time	no time	no time	no time	no time	05:24.10
	no time							
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:4, starttime: 15:46	
Heat: 4/6 Lane : 8 Athlete: DEGRANDE VIC							Q-time: 04:57:20	
PB (50m pool): 05:05.01 Antwerp 26/01/2025				PB (25m pool): 04:57.20 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	00:33.82	01:11.09	01:50.23	02:29.62	03:08.27	03:47.51	04:26.41	05:05.01
	00:33.82	00:37.27	00:39.14	00:39.39	00:38.65	00:39.24	00:38.90	00:38.60
								

Coach feedback:

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Event number: 8: 400M FREESTYLE MEN 13+							Heat:5, starttime: 15:52	
Heat: 5/6 Lane : 1 Athlete: VROMAN FINN							Q-time: 04:40:74	
PB (50m pool): 04:48.48 Antwerpen 20/07/2025				PB (25m pool): 04:40.74SB: 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	00:31.78	01:06.75	01:42.87	02:20.15	02:57.00	03:34.97	04:12.22	04:48.48
	00:31.78	00:34.97	00:36.12	00:37.28	00:36.85	00:37.97	00:37.25	00:36.26
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:6, starttime: 15:57	
Heat: 6/6 Lane : 4 Athlete: VROMAN WOUT							Q-time: 04:16:92	
PB (50m pool): 04:26.52 Antwerpen 27/07/2025				PB (25m pool): 04:16.92 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	00:30.33	01:02.62	01:36.51	02:10.15	02:44.59	03:19.15	03:53.97	04:26.52
	00:30.33	00:32.29	00:33.89	00:33.64	00:34.44	00:34.56	00:34.82	00:32.55
								

Coach feedback: