

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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 13:35
Heat: 3/11 Lane : 4 Athlete: JANSSENS STERRE			Q-time: 01:47:67
PB (50m pool): no time			PB (25m pool): 01:47.67 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:6, starttime: 13:42
Heat: 6/11 Lane : 1 Athlete: VAN DE VYVERE LENA			Q-time: 01:38:30
PB (50m pool): 01:40.55 Antwerpen 20/07/2025			PB (25m pool): 01:38.30 SB: no time
	5 0 M	1 0 0 M	
PB	00:47.12	01:40.55	
	00:47.12	00:53.43	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 13:42
Heat: 6/11 Lane : 4 Athlete: WULLAERT LIESE			Q-time: 01:36:01
PB (50m pool): 01:44.37 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:36.01 SB: no time
	5 0 M	1 0 0 M	
PB	00:50.01	01:44.37	
	00:50.01	00:54.36	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 13:46
Heat: 8/11 Lane : 2 Athlete: VERHULST NOOR			Q-time: 01:32:10
PB (50m pool): 01:38.06 WACHTEBEKE 19/01/2025			PB (25m pool): 01:32.10 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:38.06	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 13:46
Heat: 8/11 Lane : 4 Athlete: VAN HUL EMMA			Q-time: 01:31:02
PB (50m pool): 01:36.48 WACHTEBEKE 19/01/2025			PB (25m pool): 01:31.02 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:36.48	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 13:48
Heat: 9/11 Lane : 5 Athlete: DE SMET AMÉLIE			Q-time: 01:26:71
PB (50m pool): 01:29.27 Antwerpen 20/07/2025			PB (25m pool): 01:26.71 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.69	01:29.27	
	00:41.69	00:47.58	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 13:50
Heat: 10/11 Lane : 7 Athlete: WULLAERT FIEN			Q-time: 01:25:11
PB (50m pool): 01:28.35 Antwerp 02/02/2025			PB (25m pool): 01:25.11 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.50	01:28.35	
	00:41.50	00:46.85	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 13:52
Heat: 11/11 Lane : 1 Athlete: DE BRABANDER CELESTE			Q-time: 01:22:53
PB (50m pool): 01:27.11 Antwerp 02/02/2025			PB (25m pool): 01:22.53 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.30	01:27.11	
	00:40.30	00:46.81	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:3, starttime: 13:59
Heat: 3/7 Lane : 2 Athlete: VANHAVERE DAAN			Q-time: 01:26:41
PB (50m pool): 01:43.66 Antwerp 02/02/2025			PB (25m pool): 01:26.41 SB: no time
	5 0 M	1 0 0 M	
PB	00:49.07	01:43.66	
	00:49.07	00:54.59	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:5, starttime: 14:03
Heat: 5/7 Lane : 1 Athlete: VERHAGEN TOON			Q-time: 01:21:76
PB (50m pool): 01:28.81 Aalst 11/05/2025			PB (25m pool): 01:21.76 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.90	01:28.81	
	00:41.90	00:46.91	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:6, starttime: 14:05
Heat: 6/7 Lane : 3 Athlete: VAN GOETHEM ARTHUR			Q-time: 01:15:40
PB (50m pool): 01:21.63 Antwerpen 20/07/2025			PB (25m pool): 01:15.40 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.60	01:21.63	
	00:38.60	00:43.03	
			

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Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:6, starttime: 14:05
Heat: 6/7 Lane : 8 Athlete: BOURDIAUDHY THIBAU			Q-time: 01:18:53
PB (50m pool): 01:26.45 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:18.53 SB: no time			
	5 0 M	1 0 0 M	
PB	00:40.85	01:26.45	
	00:40.85	00:45.60	
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:4, starttime: 14:14
Heat: 4/7 Lane : 3 Athlete: DE SMET AMÉLIE			Q-time: 00:35:22
PB (50m pool): no time PB (25m pool): 00:35.22 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+			Heat:5, starttime: 14:27
Heat: 5/5 Lane : 2 Athlete: VAN DE GENDER WOUT			Q-time: 00:29:40
PB (50m pool): 00:30.05 Aalst 11/05/2025 PB (25m pool): 00:29.40 SB: no time			
	5 0 M		
PB	00:30.05		
	00:30.05		
			

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+			Heat:5, starttime: 14:27
Heat: 5/5 Lane : 7 Athlete: VERHAGEN ROBBE			Q-time: 00:29:98
PB (50m pool): no time PB (25m pool): 00:29.98 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

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Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:1, starttime: 14:28
Heat: 1/12 Lane : 4 Athlete: WULLAERT LIESE			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:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 14:31
Heat: 3/12 Lane : 8 Athlete: JANSSENS STERRE			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:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 14:35
Heat: 6/12 Lane : 3 Athlete: VAN DE VYVERE LENA			Q-time: 00:40:57
PB (50m pool): 00:41.54 Aalst 11/05/2025 PB (25m pool): 00:40.57 SB: no time			
	5 0 M		
PB	00:41.54		
	00:41.54		
			

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+			Heat:5, starttime: 14:48
Heat: 5/7 Lane : 4 Athlete: VERHAGEN ROBBE			Q-time: 00:30:12
PB (50m pool): no time PB (25m pool): 00:30.12 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

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Event number: 6: 50M BUTTERFLY MEN 13+										Heat:6, starttime: 14:49	
Heat: 6/7 Lane : 2 Athlete: EL BOUHDIDI ISLAM										Q-time: 00:29:45	
PB (50m pool): no time										PB (25m pool): 00:29.45 SB: no time	
	5 0 M										
PB	no time										
	no time										
	no time										
	no time										

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+										Heat:7, starttime: 14:50	
Heat: 7/7 Lane : 8 Athlete: VAN DE GENDER WOUT										Q-time: 00:28:19	
PB (50m pool): 00:28.64 Aalst 11/05/2025										PB (25m pool): 00:28.19 SB: no time	
	5 0 M										
PB	00:28.64										
	00:28.64										
											

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+						Heat:2, starttime: 14:59		
Heat: 2/6 Lane : 4 Athlete: VAN HUL EMMA						Q-time: 05:31:12		
PB (50m pool): 05:52.55 Aalst 22/06/2024						PB (25m pool): 05:31.12 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	05:52.55
	no time							
	no time							
	no time							

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+						Heat:3, starttime: 15:06		
Heat: 3/6 Lane : 3 Athlete: VERHULST JENTE						Q-time: 05:20:04		
PB (50m pool): 05:20.04 WACHTEBEKE 19/01/2025						PB (25m pool): 05:18.28 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	01:13.84	no time	02:36.24	no time	no time	no time	05:20.04
	no time							
	no time							
	no time							

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Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 15:06	
Heat: 3/6 Lane : 7 Athlete: VERHULST NOOR							Q-time: 05:24:09	
PB (50m pool): 06:06.03 Gent (Rozebroeken) 03/03/2024				PB (25m pool): 05:24.09SB: 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	no time	no time	no time	no time	no time	no time	no time	06:06.03
	no time							
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 15:06	
Heat: 3/6 Lane : 8 Athlete: PUNZO MICHELLE							Q-time: 05:26:69	
PB (50m pool): no time			PB (25m pool): 05:26.69SB: 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	no time
	no time							
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 15:17	
Heat: 5/6 Lane : 1 Athlete: VAN DAELE JOSEFIEN							Q-time: 05:04:43	
PB (50m pool): 05:34.96 Aalst 22/06/2024				PB (25m pool): 05:04.43 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	05:34.96
	no time							
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:6, starttime: 15:23	
Heat: 6/6 Lane : 3 Athlete: DELPORTE LOTTE							Q-time: 04:42:37	
PB (50m pool): 04:46.61 Antwerpen 27/07/2025				PB (25m pool): 04:42.37 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	00:34.71	01:10.28	01:46.03	02:22.29	02:57.89	03:34.83	04:11.40	04:46.61
	00:34.71	00:35.57	00:35.75	00:36.26	00:35.60	00:36.94	00:36.57	00:35.21
								

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Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:6, starttime: 15:23	
Heat: 6/6 Lane : 8 Athlete: WULLAERT FIEN							Q-time: 04:51:17	
PB (50m pool): 05:10.07 Antwerpen 20/04/2025				PB (25m pool): 04:51.17 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	00:33.23	01:11.60	01:50.89	02:30.20	03:10.34	03:51.04	04:31.99	05:10.07
	00:33.23	00:38.37	00:39.29	00:39.31	00:40.14	00:40.70	00:40.95	00:38.08
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:2, starttime: 15:35	
Heat: 2/6 Lane : 2 Athlete: VANHAVERE DAAN							Q-time: 05:14:92	
PB (50m pool): 05:27.28 Aalst 22/06/2024				PB (25m pool): 05:14.92SB: 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	05:27.28
	no time							
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:5, starttime: 15:52	
Heat: 5/6 Lane : 8 Athlete: VERHAGEN TOON							Q-time: 04:41:24	
PB (50m pool): no time			PB (25m pool): 04:41.24SB: 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	no time
	no time							
								

Coach feedback: