

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

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

Coaches: De Letter Gerard

Coaches: Dierickx Kaat HEADCOACH

Coaches: Vanderrijst Ananza

Coaches: De Ridder Elke

Coaches: De Pauw Bieke

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 : 7 Athlete: MARTENS ESTEE			Q-time: 02:00:79
PB (50m pool): 02:00.79 WACHTEBEKE 19/01/2025			PB (25m pool): 01:48.68 SB: no time
	5 0 M	1 0 0 M	
PB	no time	02:00.79	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 13:35
Heat: 3/11 Lane : 6 Athlete: VAN PETEGHEM LAYLA			Q-time: 01:49:64
PB (50m pool): 01:49.64 WACHTEBEKE 19/01/2025			PB (25m pool): 01:44.92 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:49.64	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 13:38
Heat: 4/11 Lane : 8 Athlete: VAN GOETHEM LOTTE			Q-time: 01:45:82
PB (50m pool): 01:45.82 Antwerp 26/01/2025			PB (25m pool): 01:37.09 SB: no time
	5 0 M	1 0 0 M	
PB	00:51.15	01:45.82	
	00:51.15	00:54.67	
			

Coach feedback:

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 13:42
Heat: 6/11 Lane : 3 Athlete: DE MEY AURORA			Q-time: 01:36:64
PB (50m pool): 01:36.64 Antwerpen 13/07/2025			PB (25m pool): 01:30.81 SB: no time
	5 0 M	1 0 0 M	
PB	00:46.19	01:36.64	
	00:46.19	00:50.45	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 13:46
Heat: 8/11 Lane : 6 Athlete: DE WINTER LORE			Q-time: 01:32:08
PB (50m pool): 01:32.08 Antwerpen 13/07/2025			PB (25m pool): 01:27.49 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.50	01:32.08	
	00:43.50	00:48.58	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 13:46
Heat: 8/11 Lane : 7 Athlete: THIELEMANS MAXINE			Q-time: 01:32:54
PB (50m pool): 01:32.54 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:28.82 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.67	01:32.54	
	00:43.67	00:48.87	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:4, starttime: 14:01
Heat: 4/7 Lane : 1 Athlete: TAELEMAN YANN			Q-time: 01:24:31
PB (50m pool): 01:24.31 Antwerpen 13/07/2025			PB (25m pool): 01:20.24 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.27	01:24.31	
	00:40.27	00:44.04	
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:4, starttime: 14:01
Heat: 4/7 Lane : 5 Athlete: VAN RAEMDONCK SIEBE			Q-time: 01:23:41
PB (50m pool): 01:49.85 Lago Gent Rozebroeken 07/05/2023 PB (25m pool): 01:23.41 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:49.85	
	no time		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:1, starttime: 14:09
Heat: 1/7 Lane : 3 Athlete: MAES LENA			Q-time: 00:44:09
PB (50m pool): 00:49.63 Aalst 28/04/2024 PB (25m pool): 00:49.67 SB: no time			
	5 0 M		
PB	00:49.63		
	00:49.63		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:1, starttime: 14:09
Heat: 1/7 Lane : 4 Athlete: DE LETTER LINDE			Q-time: 00:41:93
PB (50m pool): no time PB (25m pool): 00:38.82 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:1, starttime: 14:09
Heat: 1/7 Lane : 5 Athlete: DE MAEIJER ELENA			Q-time: 00:42:53
PB (50m pool): 00:43.50 Aalst 28/04/2024 PB (25m pool): 00:39.67 SB: no time			
	5 0 M		
PB	00:43.50		
	00:43.50		
			

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:1, starttime: 14:09
Heat: 1/7 Lane : 7 Athlete: WINDHEY FIEN			Q-time: 00:48:95
PB (50m pool): 00:55.22 Aalst 28/04/2024			PB (25m pool): 00:45.07 SB: no time
	5 0 M		
PB	00:55.22		
	00:55.22		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:2, starttime: 14:11
Heat: 2/7 Lane : 4 Athlete: Taelman Yade			Q-time: 00:39:01
PB (50m pool): 00:39.75 Aalst 28/04/2024			PB (25m pool): 00:36.17 SB: no time
	5 0 M		
PB	00:39.75		
	00:39.75		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:2, starttime: 14:11
Heat: 2/7 Lane : 8 Athlete: COLPAERT JULIE			Q-time: 00:41:75
PB (50m pool): 00:44.92 Zwembad Brigitte Becue Oostend 19/05/2023			PB (25m pool): 00:39.14 SB: no time
	5 0 M		
PB	00:44.92		
	00:44.92		
			

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+			Heat:1, starttime: 14:20
Heat: 1/5 Lane : 1 Athlete: HAECK RUNE			Q-time: 00:45:14
PB (50m pool): 00:46.17 Aalst 28/04/2024			PB (25m pool): no time SB: no time
	5 0 M		
PB	00:46.17		
	00:46.17		
			

Coach feedback:

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Event number: 4: 50M BACKSTROKE MEN 13+		Heat:1, starttime: 14:20
Heat: 1/5 Lane : 7 Athlete: HEYNZE LASSE		Q-time: 00:42:79
PB (50m pool): 00:49.88 Aalst 30/04/2023		PB (25m pool): 00:39.09 SB: no time
	5 0 M	
PB	00:49.88	
	00:49.88	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 14:24
Heat: 3/5 Lane : 6 Athlete: Taelman Yann		Q-time: 00:34:92
PB (50m pool): 00:34.92 Antwerpen 13/07/2025		PB (25m pool): 00:35.94 SB: no time
	5 0 M	
PB	00:34.92	
	00:34.92	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:4, starttime: 14:25
Heat: 4/5 Lane : 1 Athlete: VAN NEER LOWIEK		Q-time: 00:33:97
PB (50m pool): 00:36.06 Aalst 28/04/2024		PB (25m pool): 00:31.67 SB: no time
	5 0 M	
PB	00:36.06	
	00:36.06	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:1, starttime: 14:28
Heat: 1/12 Lane : 5 Athlete: VAN PETEGHEM LAYLA		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:

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

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 14:31		
Heat: 3/12 Lane : 2 Athlete: MARTENS ESTEE			Q-time: 00:54:53		
PB (50m pool): no time			PB (25m pool): no time SB: no time		
	5 0 M				
PB	no time				
	<i>no time</i>				
					

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+										Heat:3, starttime: 14:31																				
Heat: 3/12 Lane : 4 Athlete: WINDHEY FIEN																				Q-time: 00:50:09										
PB (50m pool): 00:50.09 Antwerp 02/02/2025																				PB (25m pool): 00:57.98 SB: no time										
	5 0 M																													
PB	00:50.09																													
	00:50.09																													
																														

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+										Heat:4, starttime: 14:33																													
Heat: 4/12																				Lane : 5					Athlete: DE LETTER LINDE										Q-time: 00:46:48				
PB (50m pool): 00:46.48																				Antwerp 02/02/2025										PB (25m pool): 00:42.15 SB: no time									
	5 0 M																																						
PB	00:46.48																																						
	00:46.48																																						
																																							

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+					Heat:4, starttime: 14:33								
Heat: 4/12					Lane : 6		Athlete: THIELEMANS MAXINE			Q-time: 00:48:66			
PB (50m pool): 00:50.78					Antwerp 02/02/2025		PB (25m pool): 00:50.31					SB: no time	
	5 0 M												
PB	00:50.78												
	00:50.78												
													

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Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:5, starttime: 14:34
Heat: 5/12 Lane : 1 Athlete: MAES LENA		Q-time: 00:45:03
PB (50m pool): no time		PB (25m pool): 00:45.03 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:5, starttime: 14:34
Heat: 5/12 Lane : 4 Athlete: VAN GOETHEM LOTTE		Q-time: 00:43:05
PB (50m pool): 00:44.85 Antwerp 26/01/2025		PB (25m pool): 00:39.62 SB: no time
	5 0 M	
PB	00:44.85	
	00:44.85	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:6, starttime: 14:35
Heat: 6/12 Lane : 8 Athlete: DE MAEIJER ELENA		Q-time: 00:42:02
PB (50m pool): no time		PB (25m pool): 00:37.84 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:7, starttime: 14:36
Heat: 7/12 Lane : 6 Athlete: DE WINTER LORE		Q-time: 00:39:06
PB (50m pool): 00:39.06 Antwerpen 13/07/2025		PB (25m pool): 00:38.69 SB: no time
	5 0 M	
PB	00:39.06	
	00:39.06	
		

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 14:36
Heat: 7/12 Lane : 8 Athlete: DE MEY AURORA			Q-time: 00:39:71
PB (50m pool): no time PB (25m pool): 00:34.36 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 : 1 Athlete: Taelman Yade			Q-time: 00:38:18
PB (50m pool): no time PB (25m pool): 00:33.45 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+			Heat:1, starttime: 14:44
Heat: 1/7 Lane : 5 Athlete: HEYNZE LASSE			Q-time: 00:44:33
PB (50m pool): no time PB (25m pool): 00:42.94 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+			Heat:2, starttime: 14:45
Heat: 2/7 Lane : 2 Athlete: Haeck Rune			Q-time: 00:41:94
PB (50m pool): 00:56.41 Wachtebeke 12/05/2024 PB (25m pool): 00:41.94 SB: no time			
	5 0 M		
PB	00:56.41		
	00:56.41		
			

Coach feedback:

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

Event number: 6: 50M BUTTERFLY MEN 13+										Heat:4, starttime: 14:47	
Heat: 4/7 Lane : 1 Athlete: VAN RAEMDONCK SIEBE										Q-time: 00:34:76	
PB (50m pool): 00:34.76 Antwerpen 13/07/2025										PB (25m pool): 00:41.95 SB: no time	
	5 0 M										
PB	00:34.76										
	00:34.76										
											

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+										Heat:5, starttime: 14:48	
Heat: 5/7 Lane : 7 Athlete: VAN NEER LOWIEK										Q-time: 00:31:28	
PB (50m pool): 00:31.28 Antwerpen 13/07/2025										PB (25m pool): 00:30.77 SB: no time	
	5 0 M										
PB	00:31.28										
	00:31.28										
											

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+						Heat:4, starttime: 15:11		
Heat: 4/6 Lane : 6 Athlete: COLPAERT JULIE						Q-time: 05:12:24		
PB (50m pool): 05:21.68 LOCHRISTI 25/01/2026						PB (25m pool): 05:12.24 SB: 05:21.68 LOCHRISTI 25/01/2026		
	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	01:15.34	no time	02:37.47	no time	no time	no time	05:21.68
	no time							
								

Coach feedback: