

PK 50m bad: Session: 2: COACH evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 17:00 untill 17:50. 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: 10: 100M BACKSTROKE WOMEN 11-12			Heat:2, starttime: 18:03
Heat: 2/5 Lane : 4 Athlete: BELMANS MARGAUX			Q-time: 01:39:15
PB (50m pool): 01:36.92 LOCHRISTI 25/01/2026			PB (25m pool): 01:43.54 SB: 01:36.92 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:36.92	
	no time		
			

Coach feedback:

Event number: 10: 100M BACKSTROKE WOMEN 11-12			Heat:2, starttime: 18:03
Heat: 2/5 Lane : 5 Athlete: VANDERSTRAETEN HELENA			Q-time: 01:39:53
PB (50m pool): 01:40.55 Antwerpen 13/07/2025			PB (25m pool): 01:39.53 SB: 01:45.07 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	00:50.30	01:40.55	
	00:50.30	00:50.25	
			

Coach feedback:

Event number: 10: 100M BACKSTROKE WOMEN 11-12			Heat:2, starttime: 18:03
Heat: 2/5 Lane : 7 Athlete: HUYLEBROECK JANNE			Q-time: 01:41:99
PB (50m pool): 01:45.99 LOCHRISTI 25/01/2026			PB (25m pool): 01:41.99 SB: 01:45.99 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:45.99	
	no time		
			

Coach feedback:

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Event number: 11: 200M BUTTERFLY MEN 13+					Heat:1, starttime: 18:13
Heat: 1/1 Lane : 3 Athlete: VAN DEN BREMT MATHIAS					Q-time: 02:29:95
PB (50m pool): 02:35.76 Aalst 11/05/2025					PB (25m pool): 02:29.95 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.24	01:12.63	01:53.81	02:35.76	
	00:33.24	00:39.39	00:41.18	00:41.95	
					

Coach feedback:

Event number: 12: 200M BUTTERFLY WOMEN 13+					Heat:2, starttime: 18:21
Heat: 2/2 Lane : 5 Athlete: VAN DEN BREMT SARAH					Q-time: 02:35:66
PB (50m pool): 02:36.88 Antwerpen 27/07/2025					PB (25m pool): 02:35.66 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.77	01:13.73	01:55.21	02:36.88	
	00:33.77	00:39.96	00:41.48	00:41.67	
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+					Heat:6, starttime: 18:33
Heat: 6/11 Lane : 1 Athlete: LUYPAERT EDEN					Q-time: 01:04:80
PB (50m pool): 01:08.85 Aalst 11/05/2025					PB (25m pool): 01:04.80 SB: no time
	5 0 M	1 0 0 M			
PB	00:32.69	01:08.85			
	00:32.69	00:36.16			
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+					Heat:6, starttime: 18:33
Heat: 6/11 Lane : 3 Athlete: VAN DE WINKEL MILAN					Q-time: 01:04:13
PB (50m pool): 01:05.23 Aalst 11/05/2025					PB (25m pool): 01:04.13 SB: no time
	5 0 M	1 0 0 M			
PB	00:31.67	01:05.23			
	00:31.67	00:33.56			
					

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:7, starttime: 18:35
Heat: 7/11 Lane : 2 Athlete: BOONE FELIX			Q-time: 01:02:23
PB (50m pool): 01:03.39 LOCHRISTI 25/01/2026			PB (25m pool): 01:02.23 SB: 01:03.39 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:03.39	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:9, starttime: 18:38
Heat: 9/11 Lane : 6 Athlete: VERHULST MEINDERT			Q-time: 00:58:48
PB (50m pool): 01:01.57 Charleroi 11/01/2026			PB (25m pool): 00:58.48 SB: 01:01.57 Charleroi 11/01/2026
	5 0 M	1 0 0 M	
PB	00:30.28	01:01.57	
	00:30.28	00:31.29	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 18:45
Heat: 2/15 Lane : 8 Athlete: HUYLEBROECK JANNE			Q-time: 01:31:09
PB (50m pool): 01:31.09 Aalst 28/06/2025			PB (25m pool): 01:29.09 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.99	01:31.09	
	00:42.99	00:48.10	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 18:49
Heat: 4/15 Lane : 2 Athlete: BELMANS MARGAUX			Q-time: 01:21:39
PB (50m pool): 01:24.26 Antwerpen 13/07/2025			PB (25m pool): 01:21.39 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.03	01:24.26	
	00:40.03	00:44.23	
			

Coach feedback:

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Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 18:49
Heat: 4/15 Lane : 6 Athlete: VANDERSTRAETEN HELENA			Q-time: 01:21:17
PB (50m pool): 01:27.70 Antwerpen 13/07/2025			PB (25m pool): 01:21.17 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.54	01:27.70	
	00:41.54	00:46.16	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 18:58
Heat: 9/15 Lane : 5 Athlete: DEN TANDT AMBER			Q-time: 01:09:61
PB (50m pool): 01:08.94 Antwerpen 14/07/2024			PB (25m pool): 01:08.24 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:08.94	
	no time		
			

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 19:11
Heat: 2/7 Lane : 7 Athlete: MAES JORDY			Q-time: 00:46:44
PB (50m pool): 00:52.54 Aalst 26/01/2020			PB (25m pool): 00:46.44 SB: no time
	5 0 M		
PB	00:52.54		
	00:52.54		
			

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+			Heat:4, starttime: 19:14
Heat: 4/7 Lane : 3 Athlete: DE COCK MATZ			Q-time: 00:37:86
PB (50m pool): 00:38.73 Antwerpen 13/07/2025			PB (25m pool): 00:37.86 SB: no time
	5 0 M		
PB	00:38.73		
	00:38.73		
			

Coach feedback:

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Event number: 15: 50M BREASTSTROKE MEN 13+										Heat:6, starttime: 19:16	
Heat: 6/7 Lane : 6 Athlete: POPPE WARRE										Q-time: 00:34:81	
PB (50m pool): no time					PB (25m pool): 00:34.81 SB: no time						
	5 0 M										
PB	no time										
	no time										
											

Coach feedback:

Event number: 16: 50M BREASTSTROKE WOMEN 13+										Heat:2, starttime: 19:20	
Heat: 2/4 Lane : 4 Athlete: DEBAETS ELIEN										Q-time: 00:41:35	
PB (50m pool): 00:43.88 Aalst 11/05/2025										PB (25m pool): 00:41.35SB: no time	
	5 0 M										
PB	00:43.88										
	00:43.88										
											

Coach feedback:

Event number: 16: 50M BREASTSTROKE WOMEN 13+										Heat:4, starttime: 19:23	
Heat: 4/4 Lane : 8 Athlete: VAN DE WINKEL LOLA										Q-time: 00:37:88	
PB (50m pool): no time					PB (25m pool): 00:37.88SB: no time						
	5 0 M										
PB	no time										
	no time										
											

Coach feedback:

Event number: 17: 400M MEDLEY MEN 13+							Heat:1, starttime: 19:24	
Heat: 1/1 Lane : 2 Athlete: POPPE WARRE							Q-time: 05:15:73	
PB (50m pool): 05:29.06 Charleroi 11/01/2026				PB (25m pool): 05:15.73SB: 05:29.06 Charleroi 11/01/2026				
	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	00:34.96	01:16.51	01:59.93	02:40.65	03:26.52	04:12.33	04:52.33	05:29.06
	00:34.96	00:41.55	00:43.42	00:40.72	00:45.87	00:45.81	00:40.00	00:36.73
								

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Event number: 17: 400M MEDLEY MEN 13+							Heat:1, starttime: 19:24	
Heat: 1/1 Lane : 6 Athlete: VAN DEN BREMT MATHIAS							Q-time: 05:15:40	
PB (50m pool): 05:23.49 Antwerpen 20/07/2025				PB (25m pool): 05:15.40 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	00:34.15	01:14.09	01:55.00	02:35.82	03:22.83	04:11.17	04:48.37	05:23.49
	00:34.15	00:39.94	00:40.91	00:40.82	00:47.01	00:48.34	00:37.20	00:35.12
								

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+							Heat:6, starttime: 19:49	
Heat: 6/7 Lane : 1 Athlete: VAN DE WINKEL LOLA							Q-time: 02:41:98	
PB (50m pool): 02:45.03 Antwerpen 20/07/2025				PB (25m pool): 02:41.98SB: 02:45.50 Aalst 20/12/2025				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:35.64	01:19.39	02:06.53	02:45.03				
	00:35.64	00:43.75	00:47.14	00:38.50				
								

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+							Heat:7, starttime: 19:52	
Heat: 7/7 Lane : 5 Athlete: VAN DEN BREMT SARAH							Q-time: 02:32:03	
PB (50m pool): 02:36.20 Antwerp 09/02/2025				PB (25m pool): 02:32.03SB: 02:36.90 Charleroi 11/01/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:33.10	01:13.59	02:00.32	02:36.20				
	00:33.10	00:40.49	00:46.73	00:35.88				
								

Coach feedback: