

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

Coachinfo: Warming up from: 17:00 untill 17:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Meersschaut Evelyn

Coaches: Slos Robbie

Coaches: Blom Dieter

Coaches: Sys Justine HEADCOACH

Coaches: Huberty Maren

Coaches: De Backer Bart

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 : 3 Athlete: BAELE NORAH Q-time: 01:40:56

PB (50m pool): 01:32.37 LOCHRISTI 25/01/2026 PB (25m pool): 01:40.56 SB: 01:32.37 LOCHRISTI 25/01/2026

	50 M	100 M	
PB	no time	01:32.37	
	no time		
			

Coach feedback:

Event number: 10: 100M BACKSTROKE WOMEN 11-12 Heat:3, starttime: 18:06

Heat: 3/5 Lane : 5 Athlete: HERREGODS INE Q-time: 01:33:58

PB (50m pool): no time PB (25m pool): 01:33.58 SB: no time

	50 M	100 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 10: 100M BACKSTROKE WOMEN 11-12 Heat:4, starttime: 18:08

Heat: 4/5 Lane : 7 Athlete: BRUNET MAXIME Q-time: 01:30:93

PB (50m pool): 01:35.66 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:30.93 SB: no time

	50 M	100 M	
PB	00:46.71	01:35.66	
	00:46.71	00:48.95	
			

Coach feedback:

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

Event number: 10: 100M BACKSTROKE WOMEN 11-12				Heat:5, starttime: 18:11
Heat: 5/5 Lane : 2 Athlete: DE BIE LIZE				Q-time: 01:25:03
PB (50m pool): 01:26.15 LOCHRISTI 25/01/2026				PB (25m pool): 01:25.03 SB: 01:26.15 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M		
PB	no time	01:26.15		
	no time			
				

Coach feedback:

Event number: 10: 100M BACKSTROKE WOMEN 11-12				Heat:5, starttime: 18:11
Heat: 5/5 Lane : 8 Athlete: SUY NORA				Q-time: 01:26:02
PB (50m pool): 01:28.32 LOCHRISTI 25/01/2026				PB (25m pool): 01:26.02 SB: 01:28.32 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M		
PB	no time	01:28.32		
	no time			
				

Coach feedback:

Event number: 11: 200M BUTTERFLY MEN 13+					Heat:1, starttime: 18:13
Heat: 1/1 Lane : 5 Athlete: VERHEYDEN VINZ					Q-time: 02:24:71
PB (50m pool): 02:34.51 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:24.71 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.06	01:10.51	01:52.17	02:34.51	
	00:32.06	00:38.45	00:41.66	00:42.34	
					

Coach feedback:

Event number: 11: 200M BUTTERFLY MEN 13+					Heat:1, starttime: 18:13
Heat: 1/1 Lane : 6 Athlete: DE BIE DAAN					Q-time: 02:33:92
PB (50m pool): 02:38.96 Antwerpen 20/07/2025					PB (25m pool): 02:33.92 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.56	01:13.89	01:56.26	02:38.96	
	00:33.56	00:40.33	00:42.37	00:42.70	
					

Coach feedback:

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

Event number: 13: 100M FREESTYLE MEN 13+			Heat:1, starttime: 18:25
Heat: 1/11 Lane : 4 Athlete: TRIEST JULES			Q-time: 01:19:66
PB (50m pool): 01:23.96 Antwerpen 13/07/2025			PB (25m pool): 01:19.66 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.12	01:23.96	
	00:40.12	00:43.84	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:3, starttime: 18:29
Heat: 3/11 Lane : 6 Athlete: BECK STANN			Q-time: 01:10:04
PB (50m pool): 01:11.70 Antwerpen 20/07/2025			PB (25m pool): 01:10.04 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.89	01:11.70	
	00:34.89	00:36.81	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:6, starttime: 18:33
Heat: 6/11 Lane : 2 Athlete: UVYN MAXIM			Q-time: 01:04:75
PB (50m pool): 01:08.98 Antwerpen 13/07/2025			PB (25m pool): 01:04.75 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.19	01:08.98	
	00:33.19	00:35.79	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:7, starttime: 18:35
Heat: 7/11 Lane : 3 Athlete: DE BIE DAAN			Q-time: 01:02:16
PB (50m pool): 01:02.36 Antwerpen 20/07/2025			PB (25m pool): 01:02.16 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.45	01:02.36	
	00:29.45	00:32.91	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:8, starttime: 18:37
Heat: 8/11 Lane : 1 Athlete: VANNIEUWENHUYSE LOÏC			Q-time: 01:01:59
PB (50m pool): 01:03.27 Olympic Pool Wezenberg, Antwer 30/03/25 PB (25m pool): 01:01.59 SB: no time			
	5 0 M	1 0 0 M	
PB	00:30.42	01:03.27	
	00:30.42	00:32.85	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:9, starttime: 18:38
Heat: 9/11 Lane : 3 Athlete: VAN RAEMDONCK CAMU			Q-time: 00:58:39
PB (50m pool): 01:00.61 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:58.39 SB: no time			
	5 0 M	1 0 0 M	
PB	00:29.86	01:00.61	
	00:29.86	00:30.75	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:10, starttime: 18:40
Heat: 10/11 Lane : 6 Athlete: LIEVENS TIEBE			Q-time: 00:57:98
PB (50m pool): 01:01.74 Antwerp 02/02/2025 PB (25m pool): 00:57.98 SB: no time			
	5 0 M	1 0 0 M	
PB	00:29.60	01:01.74	
	00:29.60	00:32.14	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:11, starttime: 18:41
Heat: 11/11 Lane : 1 Athlete: VAN TRICHT FINN			Q-time: 00:55:88
PB (50m pool): 00:57.12 Antwerpen 27/07/2025 PB (25m pool): 00:55.88 SB: no time			
	5 0 M	1 0 0 M	
PB	00:27.50	00:57.12	
	00:27.50	00:29.62	
			

Coach feedback:

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Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 18:45
Heat: 2/15 Lane : 4 Athlete: HERREGODS INE			Q-time: 01:27:55
PB (50m pool): no time			PB (25m pool): 01:27.55 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 18:45
Heat: 2/15 Lane : 5 Athlete: BRUNET MAXIME			Q-time: 01:29:35
PB (50m pool): 01:29.35 Antwerpen 13/07/2025			PB (25m pool): 01:29.69 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.57	01:29.35	
	00:43.57	00:45.78	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 18:49
Heat: 4/15 Lane : 7 Athlete: BAELE NORAH			Q-time: 01:21:55
PB (50m pool): 01:21.75 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:21.55 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.24	01:21.75	
	00:41.24	00:40.51	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 18:51
Heat: 5/15 Lane : 8 Athlete: SUY NORA			Q-time: 01:19:10
PB (50m pool): 01:21.54 Antwerpen 20/07/2025			PB (25m pool): 01:19.10 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.79	01:21.54	
	00:39.79	00:41.75	
			

Coach feedback:

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Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 18:53
Heat: 6/15 Lane : 1 Athlete: DE BIE LIZE			Q-time: 01:16:69
PB (50m pool): 01:18.50 Antwerpen 20/07/2025			PB (25m pool): 01:16.69 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.27	01:18.50	
	00:38.27	00:40.23	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 18:55
Heat: 7/15 Lane : 4 Athlete: DAEM HANNELISE			Q-time: 01:12:33
PB (50m pool): 01:13.49 Antwerpen 13/07/2025			PB (25m pool): 01:12.33 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.25	01:13.49	
	00:35.25	00:38.24	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 18:56
Heat: 8/15 Lane : 5 Athlete: DE BACKER SOPHIE			Q-time: 01:10:96
PB (50m pool): 01:12.16 LOCHRISTI 25/01/2026			PB (25m pool): 01:10.96 SB: 01:12.16 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:12.16	
	no time		
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 18:58
Heat: 9/15 Lane : 3 Athlete: STORME IEME			Q-time: 01:09:64
PB (50m pool): 01:10.88 Antwerpen 13/07/2025			PB (25m pool): 01:09.64 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.25	01:10.88	
	00:34.25	00:36.63	
			

Coach feedback:

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

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 18:58
Heat: 9/15 Lane : 6 Athlete: DE ROYE YELENA			Q-time: 01:09:89
PB (50m pool): 01:11.55 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:09.89 SB: no time			
	5 0 M	1 0 0 M	
PB	00:34.20	01:11.55	
	00:34.20	00:37.35	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 19:00
Heat: 10/15 Lane : 5 Athlete: CANTRé EMILIE			Q-time: 01:07:84
PB (50m pool): 01:10.48 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:07.84 SB: no time			
	5 0 M	1 0 0 M	
PB	00:33.30	01:10.48	
	00:33.30	00:37.18	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 19:00
Heat: 10/15 Lane : 6 Athlete: BOGAERT HANNE			Q-time: 01:08:18
PB (50m pool): 01:09.74 Antwerpen 20/07/2025 PB (25m pool): 01:08.18 SB: no time			
	5 0 M	1 0 0 M	
PB	00:33.65	01:09.74	
	00:33.65	00:36.09	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 19:03
Heat: 12/15 Lane : 8 Athlete: BEULENS LOTTE			Q-time: 01:05:27
PB (50m pool): 01:08.94 Antwerpen 20/07/2025 PB (25m pool): 01:05.27 SB: no time			
	5 0 M	1 0 0 M	
PB	00:32.88	01:08.94	
	00:32.88	00:36.06	
			

Coach feedback:

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

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:1, starttime: 19:10
Heat: 1/7 Lane : 3 Athlete: TRIEST JULES		Q-time: 00:51:35
PB (50m pool): no time		PB (25m pool): 00:51.35 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:2, starttime: 19:11
Heat: 2/7 Lane : 4 Athlete: UVYN MAXIM		Q-time: 00:42:35
PB (50m pool): no time		PB (25m pool): 00:42.35 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:3, starttime: 19:13
Heat: 3/7 Lane : 4 Athlete: BECK STANN		Q-time: 00:38:96
PB (50m pool): 00:42.05 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:38.96 SB: no time
	5 0 M	
PB	00:42.05	
	00:42.05	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:4, starttime: 19:14
Heat: 4/7 Lane : 5 Athlete: LIEVENS TIEBE		Q-time: 00:37:68
PB (50m pool): 00:39.52 Zwembad Brigitte Becue Oostend 10/05/2025		PB (25m pool): 00:37.68 SB: no time
	5 0 M	
PB	00:39.52	
	00:39.52	
		

Coach feedback:

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

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:5, starttime: 19:15
Heat: 5/7 Lane : 8 Athlete: VANNIEUWENHUYSE LOÏC		Q-time: 00:37:25
PB (50m pool): 00:39.08 Zwembad Brigitte Becue Oostend 10/05/2025 PB (25m pool): 00:37.25 SB: no time		
	5 0 M	
PB	00:39.08	
	00:39.08	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:6, starttime: 19:16
Heat: 6/7 Lane : 4 Athlete: VAN RAEMDONCK CAMU		Q-time: 00:34:20
PB (50m pool): 00:35.80 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:34.20 SB: no time		
	5 0 M	
PB	00:35.80	
	00:35.80	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:7, starttime: 19:17
Heat: 7/7 Lane : 7 Athlete: VERHEYDEN VINZ		Q-time: 00:33:47
PB (50m pool): 00:34.91 Zwembad Brigitte Becue Oostend 10/05/2025 PB (25m pool): 00:33.47 SB: no time		
	5 0 M	
PB	00:34.91	
	00:34.91	
		

Coach feedback:

Event number: 16: 50M BREASTSTROKE WOMEN 13+		Heat:1, starttime: 19:19
Heat: 1/4 Lane : 6 Athlete: DAEM HANNELISE		Q-time: 00:47:26
PB (50m pool): 00:56.90 Aalst 30/04/2023 PB (25m pool): 00:47.26 SB: no time		
	5 0 M	
PB	00:56.90	
	00:56.90	
		

Coach feedback:

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

Event number: 16: 50M BREASTSTROKE WOMEN 13+										Heat:2, starttime: 19:20	
Heat: 2/4 Lane : 1 Athlete: VERBERT KAAT										Q-time: 00:44:11	
PB (50m pool): 00:48.83 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:44.11 SB: no time											
	5 0 M										
PB	00:48.83										
	00:48.83										
											

Coach feedback:

Event number: 16: 50M BREASTSTROKE WOMEN 13+										Heat:4, starttime: 19:23	
Heat: 4/4 Lane : 2 Athlete: DE SMAELE KENZA										Q-time: 00:37:01	
PB (50m pool): 00:37.01 Antwerp 02/02/2025										PB (25m pool): 00:36.62SB: no time	
	5 0 M										
PB	00:37.01										
	00:37.01										
											

Coach feedback:

Event number: 17: 400M MEDLEY MEN 13+							Heat:1, starttime: 19:24	
Heat: 1/1 Lane : 4 Athlete: VAN TRICHT FINN							Q-time: 05:06:03	
PB (50m pool): 05:06.03 Antwerpen 27/07/2025				PB (25m pool): 05:07.85SB: 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	00:33.44	01:13.13	01:52.36	02:30.63	03:12.81	03:56.08	04:31.77	05:06.03
	00:33.44	00:39.69	00:39.23	00:38.27	00:42.18	00:43.27	00:35.69	00:34.26
								

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:2, starttime: 19:35
Heat: 2/7 Lane : 6 Athlete: NGABO ANNABELLE					Q-time: 03:08:98
PB (50m pool): 03:10.38 Antwerpen 13/07/2025					PB (25m pool): 03:08.98SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.80	01:31.88	02:26.98	03:10.38	
	00:41.80	00:50.08	00:55.10	00:43.40	
					

Coach feedback:

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

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:3, starttime: 19:39
Heat: 3/7 Lane : 2 Athlete: DE ROYE YELENA					Q-time: 03:00:95
PB (50m pool): 03:13.63 Antwerpen 14/07/2024					PB (25m pool): 03:00.95 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:13.63	
	no time				
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:3, starttime: 19:39
Heat: 3/7 Lane : 4 Athlete: CANTRé EMILIE					Q-time: 02:53:93
PB (50m pool): 03:00.30 Zwembad Brigitte Becue Oostend 10/05/2025					PB (25m pool): 02:53.93 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:00.30	
	no time				
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:3, starttime: 19:39
Heat: 3/7 Lane : 7 Athlete: DE BACKER SOPHIE					Q-time: 03:04:88
PB (50m pool): 03:07.00 Antwerpen 13/07/2025					PB (25m pool): 03:04.88 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.12	01:27.54	02:25.10	03:07.00	
	00:41.12	00:46.42	00:57.56	00:41.90	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:4, starttime: 19:43
Heat: 4/7 Lane : 2 Athlete: DE SMAELE KENZA					Q-time: 02:49:29
PB (50m pool): 02:52.55 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 02:49.29 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.57	01:24.36	02:10.03	02:52.55	
	00:38.57	00:45.79	00:45.67	00:42.52	
					

Coach feedback:

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Event number: 18: 200M MEDLEY WOMEN 13+					Heat:4, starttime: 19:43
Heat: 4/7 Lane : 8 Athlete: STORME IEME					Q-time: 02:53:37
PB (50m pool): 02:58.33 Antwerpen 13/07/2025					PB (25m pool): 02:53.37 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.70	01:23.45	02:19.44	02:58.33	
	00:38.70	00:44.75	00:55.99	00:38.89	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:5, starttime: 19:46
Heat: 5/7 Lane : 2 Athlete: BOGAERT HANNE					Q-time: 02:44:27
PB (50m pool): 02:53.49 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 02:44.27 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.51	01:20.54	02:13.77	02:53.49	
	00:35.51	00:45.03	00:53.23	00:39.72	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:5, starttime: 19:46
Heat: 5/7 Lane : 8 Athlete: BEULENS LOTTE					Q-time: 02:45:47
PB (50m pool): 02:48.00 Antwerpen 20/07/2025					PB (25m pool): 02:45.47 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.93	01:21.97	02:09.11	02:48.00	
	00:36.93	00:45.04	00:47.14	00:38.89	
					

Coach feedback:

Event number: 19: 4x100M FREESTYLE MEN 11+							Heat:1, starttime: 19:56
Heat: 1/1 Lane : 3 Athlete: TEAM FIRST 1							Q-time: 03:59:42
PB (50m pool):			PB (25m pool):			SB:	
	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							
							

Coach feedback: