

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

Coachinfo: Warming up from: 17:00 untill 17:50. 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: 10: 100M BACKSTROKE WOMEN 11-12			Heat:1, starttime: 18:00
Heat: 1/5 Lane : 6 Athlete: VAN DE STEENE LORE			Q-time: 01:51:71
PB (50m pool): 01:51.71 Kortrijk 04/05/2025			PB (25m pool): 01:53.04 SB: no time
	5 0 M	1 0 0 M	
PB	00:55.44	01:51.71	
	00:55.44	00:56.27	
			

Coach feedback:

Event number: 10: 100M BACKSTROKE WOMEN 11-12			Heat:2, starttime: 18:03
Heat: 2/5 Lane : 1 Athlete: DEGRANDE NORE			Q-time: 01:42:61
PB (50m pool): 01:44.61 Wezenberg 04/01/2026			PB (25m pool): 01:42.61 SB: 01:44.61 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:49.45	01:44.61	
	00:49.45	00:55.16	
			

Coach feedback:

Event number: 10: 100M BACKSTROKE WOMEN 11-12			Heat:3, starttime: 18:06
Heat: 3/5 Lane : 1 Athlete: DE VUSSER LAURE			Q-time: 01:36:41
PB (50m pool): 01:36.41 Kortrijk 04/05/2025			PB (25m pool): no time SB: 01:38.71 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:45.82	01:36.41	
	00:45.82	00:50.59	
			

Coach feedback:

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Event number: 10: 100M BACKSTROKE WOMEN 11-12			Heat:3, starttime: 18:06
Heat: 3/5 Lane : 7 Athlete: DE SMET LORE			Q-time: 01:36:16
PB (50m pool): 01:36.16 Wezenberg 04/01/2026			PB (25m pool): 01:41.82 SB: 01:36.16 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:46.73	01:36.16	
	00:46.73	00:49.43	
			

Coach feedback:

Event number: 10: 100M BACKSTROKE WOMEN 11-12			Heat:4, starttime: 18:08
Heat: 4/5 Lane : 4 Athlete: DE MULDER MAÏTHÉ			Q-time: 01:27:87
PB (50m pool): 01:27.87 Wezenberg 04/01/2026			PB (25m pool): 01:28.80 SB: 01:27.87 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:42.47	01:27.87	
	00:42.47	00:45.40	
			

Coach feedback:

Event number: 10: 100M BACKSTROKE WOMEN 11-12			Heat:4, starttime: 18:08
Heat: 4/5 Lane : 6 Athlete: BERKEIN FRANCESCA			Q-time: 01:30:35
PB (50m pool): 01:30.35 Wezenberg 04/01/2026			PB (25m pool): 01:31.19 SB: 01:30.35 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:44.17	01:30.35	
	00:44.17	00:46.18	
			

Coach feedback:

Event number: 10: 100M BACKSTROKE WOMEN 11-12			Heat:4, starttime: 18:08
Heat: 4/5 Lane : 8 Athlete: DE MUER ANNA			Q-time: 01:32:41
PB (50m pool): 01:32.41 Wezenberg 04/01/2026			PB (25m pool): 01:34.49 SB: 01:32.41 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:45.53	01:32.41	
	00:45.53	00:46.88	
			

Coach feedback:

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Event number: 12: 200M BUTTERFLY WOMEN 13+					Heat:2, starttime: 18:21
Heat: 2/2 Lane : 3 Athlete: VAN DOORNE LORE					Q-time: 02:46:08
PB (50m pool): 02:56.83 Kortrijk 04/05/2025			PB (25m pool): 02:46.08 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.95	01:23.61	02:10.91	02:56.83	
	00:37.95	00:45.66	00:47.30	00:45.92	
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+					Heat:4, starttime: 18:30
Heat: 4/11 Lane : 4 Athlete: DE SMET KOBE					Q-time: 01:06:56
PB (50m pool): 01:07.73 Wezenberg 04/01/2026			PB (25m pool): 01:06.56 SB: 01:07.73 Wezenberg 04/01/2026		
	5 0 M	1 0 0 M			
PB	00:32.52	01:07.73			
	00:32.52	00:35.21			
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+					Heat:5, starttime: 18:32
Heat: 5/11 Lane : 3 Athlete: DEGRANDE VIC					Q-time: 01:05:27
PB (50m pool): 01:08.44 Antwerpen 13/07/2025			PB (25m pool): 01:05.27 SB: 01:08.65 Wezenberg 03/01/2026		
	5 0 M	1 0 0 M			
PB	00:32.01	01:08.44			
	00:32.01	00:36.43			
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+					Heat:6, starttime: 18:33
Heat: 6/11 Lane : 5 Athlete: DE BRUYNE BRIEK					Q-time: 01:03:81
PB (50m pool): 01:08.22 Wezenberg 03/01/2026			PB (25m pool): 01:03.81 SB: 01:08.22 Wezenberg 03/01/2026		
	5 0 M	1 0 0 M			
PB	00:32.36	01:08.22			
	00:32.36	00:35.86			
					

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:7, starttime: 18:35
Heat: 7/11 Lane : 5 Athlete: VROMAN FINN			Q-time: 01:02:00
PB (50m pool): 01:04.65 Aalst 28/06/2025			PB (25m pool): 01:02.00 SB: 01:05.07 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:31.13	01:04.65	
	00:31.13	00:33.52	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:10, starttime: 18:40
Heat: 10/11 Lane : 7 Athlete: VROMAN WOUT			Q-time: 00:58:05
PB (50m pool): 00:59.58 Wezenberg 03/01/2026			PB (25m pool): 00:58.05 SB: 00:59.58 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:28.72	00:59.58	
	00:28.72	00:30.86	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 18:47
Heat: 3/15 Lane : 4 Athlete: DE SMET LORE			Q-time: 01:23:14
PB (50m pool): 01:25.66 Wezenberg 04/01/2026			PB (25m pool): 01:23.14 SB: 01:25.66 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:39.91	01:25.66	
	00:39.91	00:45.75	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 18:47
Heat: 3/15 Lane : 7 Athlete: DEGRANDE NORE			Q-time: 01:24:83
PB (50m pool): 01:29.03 Wezenberg 04/01/2026			PB (25m pool): 01:24.83 SB: 01:29.03 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:41.40	01:29.03	
	00:41.40	00:47.63	
			

Coach feedback:

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Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 18:49
Heat: 4/15 Lane : 5 Athlete: DE VUSSER LAURE			Q-time: 01:20:28
PB (50m pool): 01:22.86 Wezenberg 04/01/2026			PB (25m pool): 01:20.28 SB: 01:22.86 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:41.09	01:22.86	
	00:41.09	00:41.77	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 18:51
Heat: 5/15 Lane : 2 Athlete: DE MUER ANNA			Q-time: 01:18:55
PB (50m pool): 01:18.55 Wezenberg 04/01/2026			PB (25m pool): 01:18.62 SB: 01:18.55 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:36.85	01:18.55	
	00:36.85	00:41.70	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 18:51
Heat: 5/15 Lane : 6 Athlete: VAN DE STEENE LORE			Q-time: 01:18:41
PB (50m pool): 01:18.41 Wezenberg 04/01/2026			PB (25m pool): 01:18.45 SB: 01:18.41 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:37.85	01:18.41	
	00:37.85	00:40.56	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 18:55
Heat: 7/15 Lane : 1 Athlete: BERKEIN FRANCESCA			Q-time: 01:14:59
PB (50m pool): 01:16.32 Wezenberg 04/01/2026			PB (25m pool): 01:14.59 SB: 01:16.32 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:36.98	01:16.32	
	00:36.98	00:39.34	
			

Coach feedback:

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Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 18:55
Heat: 7/15 Lane : 8 Athlete: DE MULDER MAÏTHÉ			Q-time: 01:14:99
PB (50m pool): 01:16.10 Wezenberg 04/01/2026			PB (25m pool): 01:14.99 SB: 01:16.10 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:36.33	01:16.10	
	00:36.33	00:39.77	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 18:56
Heat: 8/15 Lane : 7 Athlete: DE WULF ALEXINE			Q-time: 01:11:72
PB (50m pool): 01:12.80 Wezenberg 04/01/2026			PB (25m pool): 01:11.72 SB: 01:12.80 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:34.46	01:12.80	
	00:34.46	00:38.34	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 19:03
Heat: 12/15 Lane : 3 Athlete: DE SMUL PAULINE			Q-time: 01:04:84
PB (50m pool): 01:06.74 Kortrijk 04/05/2025			PB (25m pool): 01:04.84 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.14	01:06.74	
	00:32.14	00:34.60	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 19:03
Heat: 12/15 Lane : 6 Athlete: LONCKE JUTTA			Q-time: 01:04:94
PB (50m pool): 01:05.37 Antwerpen 20/07/2025			PB (25m pool): 01:04.63 SB: 01:08.99 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:31.65	01:05.37	
	00:31.65	00:33.72	
			

Coach feedback:

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Event number: 14: 100M FREESTYLE WOMEN 11+				Heat:12, starttime: 19:03	
Heat: 12/15 Lane : 7 Athlete: BUYLE GEIKE				Q-time: 01:05:20	
PB (50m pool): 01:07.19 Wezenberg 04/01/2026				PB (25m pool): 01:05.20 SB: 01:07.19 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M			
PB	00:32.28	01:07.19			
	00:32.28	00:34.91			
					

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+				Heat:13, starttime: 19:05	
Heat: 13/15 Lane : 7 Athlete: BUYLE LAURE				Q-time: 01:03:89	
PB (50m pool): 01:08.37 Antwerpen 14/07/2024				PB (25m pool): 01:03.89 SB: 01:08.43 Wezenberg 03/01/2026	
	5 0 M	1 0 0 M			
PB	no time	01:08.37			
	no time				
					

Coach feedback:

Event number: 16: 50M BREASTSTROKE WOMEN 13+				Heat:4, starttime: 19:23	
Heat: 4/4 Lane : 1 Athlete: BERKEIN ALESSIA				Q-time: 00:37:85	
PB (50m pool): 00:39.85 Kortrijk 04/05/2025				PB (25m pool): 00:37.85 SB: no time	
	5 0 M				
PB	00:39.85				
	00:39.85				
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:5, starttime: 19:46	
Heat: 5/7 Lane : 4 Athlete: LONCKE JUTTA					Q-time: 02:42:41	
PB (50m pool): 02:46.06 Antwerpen 27/04/2025					PB (25m pool): 02:42.41 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:37.72	01:20.12	02:07.80	02:46.06		
	00:37.72	00:42.40	00:47.68	00:38.26		
						

Coach feedback:

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

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:6, starttime: 19:49
Heat: 6/7 Lane : 6 Athlete: VAN DOORNE LORE					Q-time: 02:40:41
PB (50m pool): 02:45.30 Antwerpen 20/07/2025					PB (25m pool): 02:40.41 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.34	01:18.19	02:08.05	02:45.30	
	00:35.34	00:42.85	00:49.86	00:37.25	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:6, starttime: 19:49
Heat: 6/7 Lane : 7 Athlete: BERKEIN ALESSIA					Q-time: 02:41:34
PB (50m pool): 02:48.18 Antwerpen 20/07/2025					PB (25m pool): 02:41.34 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.30	01:22.57	02:10.02	02:48.18	
	00:37.30	00:45.27	00:47.45	00:38.16	
					

Coach feedback: