

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

Coachinfo: Warming up from: 17:00 untill 17:50. 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: 10: 100M BACKSTROKE WOMEN 11-12 Heat:4, starttime: 18:08

Heat: 4/5 Lane : 1 Athlete: VAN DE VYVERE LENA		Q-time: 01:31:08
PB (50m pool): 01:31.46 LOCHRISTI 25/01/2026		PB (25m pool): 01:31.08 SB: 01:31.46 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M
PB	no time	01:31.46
	no time	
		

Coach feedback:

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

Heat: 4/5 Lane : 5 Athlete: WULLAERT LIESE		Q-time: 01:29:66
PB (50m pool): no time		PB (25m pool): 01:29.66 SB: no time
	5 0 M	1 0 0 M
PB	no time	no time
	no time	
		

Coach feedback:

Event number: 10: 100M BACKSTROKE WOMEN 11-12 Heat:5, starttime: 18:11

Heat: 5/5 Lane : 1 Athlete: JANSSENS STERRE		Q-time: 01:25:97
PB (50m pool): no time		PB (25m pool): 01:25.97 SB: no time
	5 0 M	1 0 0 M
PB	no time	no time
	no time	
		

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:8, starttime: 18:37
Heat: 8/11 Lane : 2 Athlete: BOURDIAUDHY THIBAU			Q-time: 01:00:66
PB (50m pool): 01:04.22 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:00.66 SB: no time			
	5 0 M	1 0 0 M	
PB	00:30.67	01:04.22	
	00:30.67	00:33.55	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:8, starttime: 18:37
Heat: 8/11 Lane : 3 Athlete: VERHAGEN TOON			Q-time: 00:59:82
PB (50m pool): 01:01.94 Antwerpen 20/07/2025 PB (25m pool): 00:59.82 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:01.94	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:8, starttime: 18:37
Heat: 8/11 Lane : 5 Athlete: VAN GOETHEM ARTHUR			Q-time: 00:59:79
PB (50m pool): 01:05.45 Aalst 11/05/2025 PB (25m pool): 00:59.79 SB: no time			
	5 0 M	1 0 0 M	
PB	00:31.41	01:05.45	
	00:31.41	00:34.04	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:8, starttime: 18:37
Heat: 8/11 Lane : 8 Athlete: VANHAVERE DAAN			Q-time: 01:01:69
PB (50m pool): 01:09.81 Antwerp 02/02/2025 PB (25m pool): 01:01.69 SB: no time			
	5 0 M	1 0 0 M	
PB	00:33.54	01:09.81	
	00:33.54	00:36.27	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:10, starttime: 18:40
Heat: 10/11 Lane : 3 Athlete: EL BOUHDIDI ISLAM			Q-time: 00:57:82
PB (50m pool): 00:59.53 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 00:57.82 SB: no time			
	5 0 M	1 0 0 M	
PB	00:28.75	00:59.53	
	00:28.75	00:30.78	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:10, starttime: 18:40
Heat: 10/11 Lane : 5 Athlete: VERHAGEN ROBBE			Q-time: 00:57:73
PB (50m pool): 01:00.35 Olympic Pool Wezenberg, Antwer 30/03/2025 PB (25m pool): 00:57.73 SB: no time			
	5 0 M	1 0 0 M	
PB	00:29.00	01:00.35	
	00:29.00	00:31.35	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:11, starttime: 18:41
Heat: 11/11 Lane : 6 Athlete: VAN DE GENDER WOUT			Q-time: 00:54:96
PB (50m pool): 00:56.84 Antwerpen 27/07/2025 PB (25m pool): 00:54.96 SB: no time			
	5 0 M	1 0 0 M	
PB	00:27.55	00:56.84	
	00:27.55	00:29.29	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 18:51
Heat: 5/15 Lane : 1 Athlete: WULLAERT LIESE			Q-time: 01:18:79
PB (50m pool): 01:20.12 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:18.79 SB: no time			
	5 0 M	1 0 0 M	
PB	00:36.95	01:20.12	
	00:36.95	00:43.17	
			

Coach feedback:

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Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 18:53
Heat: 6/15 Lane : 4 Athlete: VAN DE VYVERE LENA			Q-time: 01:15:33
PB (50m pool): 01:18.59 Antwerpen 20/07/2025			PB (25m pool): 01:15.33 SB: 01:20.95 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	00:37.88	01:18.59	
	00:37.88	00:40.71	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 18:53
Heat: 6/15 Lane : 7 Athlete: JANSSENS STERRE			Q-time: 01:16:20
PB (50m pool): no time			PB (25m pool): 01:16.20 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:8, starttime: 18:56
Heat: 8/15 Lane : 6 Athlete: VERHULST NOOR			Q-time: 01:11:43
PB (50m pool): 01:14.19 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:11.43 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.07	01:14.19	
	00:36.07	00:38.12	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 18:58
Heat: 9/15 Lane : 4 Athlete: VAN HUL EMMA			Q-time: 01:09:27
PB (50m pool): 01:12.71 Aalst 22/06/2024			PB (25m pool): 01:09.27 SB: 01:12.88 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:12.71	
	no time		
			

Coach feedback:

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Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 19:02
Heat: 11/15 Lane : 1 Athlete: PUNZO MICHELLE			Q-time: 01:06:89
PB (50m pool): 01:10.51 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:06.89 SB: no time			
	5 0 M	1 0 0 M	
PB	00:33.37	01:10.51	
	00:33.37	00:37.14	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 19:02
Heat: 11/15 Lane : 5 Athlete: DE SMET AMÉLIE			Q-time: 01:05:67
PB (50m pool): 01:08.38 Antwerpen 20/07/2025 PB (25m pool): 01:05.67 SB: no time			
	5 0 M	1 0 0 M	
PB	00:33.16	01:08.38	
	00:33.16	00:35.22	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 19:03
Heat: 12/15 Lane : 1 Athlete: VAN DAELE JOSEFIEN			Q-time: 01:05:23
PB (50m pool): 01:07.33 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:05.23 SB: no time			
	5 0 M	1 0 0 M	
PB	00:32.22	01:07.33	
	00:32.22	00:35.11	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 19:03
Heat: 12/15 Lane : 5 Athlete: DE BRABANDER CELESTE			Q-time: 01:04:31
PB (50m pool): 01:07.14 Antwerp 02/02/2025 PB (25m pool): 01:04.31 SB: no time			
	5 0 M	1 0 0 M	
PB	00:31.67	01:07.14	
	00:31.67	00:35.47	
			

Coach feedback:

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

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:13, starttime: 19:05
Heat: 13/15 Lane : 1 Athlete: VERHULST JENTE			Q-time: 01:04:15
PB (50m pool): 01:04.15 Antwerp 02/02/2025			PB (25m pool): 01:03.85 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.80	01:04.15	
	00:30.80	00:33.35	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 19:08
Heat: 15/15 Lane : 7 Athlete: DELPORTE LOTTE			Q-time: 01:01:74
PB (50m pool): 01:04.32 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:01.74 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.73	01:04.32	
	00:30.73	00:33.59	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 19:08
Heat: 15/15 Lane : 8 Athlete: WULLAERT FIEN			Q-time: 01:01:81
PB (50m pool): 01:03.17 Antwerpen 20/07/2025			PB (25m pool): 01:01.81 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.22	01:03.17	
	00:31.22	00:31.95	
			

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+			Heat:6, starttime: 19:16
Heat: 6/7 Lane : 7 Athlete: VAN GOETHEM ARTHUR			Q-time: 00:35:67
PB (50m pool): 00:37.19 Aalst 11/05/2025			PB (25m pool): 00:35.67 SB: no time
	5 0 M		
PB	00:37.19		
	00:37.19		
			

Coach feedback:

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Event number: 18: 200M MEDLEY WOMEN 13+					Heat:4, starttime: 19:43
Heat: 4/7 Lane : 4 Athlete: VAN DAELE JOSEFIEN					Q-time: 02:46:92
PB (50m pool): no time PB (25m pool): 02:46.92 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	no time	
	no time				
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:4, starttime: 19:43
Heat: 4/7 Lane : 5 Athlete: VERHULST NOOR					Q-time: 02:47:91
PB (50m pool): 03:08.81 Gent (Rozebroeken) 03/03/2024 PB (25m pool): 02:47.91 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	03:08.81	
	no time				
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:6, starttime: 19:49
Heat: 6/7 Lane : 2 Athlete: DE SMET AMÉLIE					Q-time: 02:40:96
PB (50m pool): 02:44.93 Antwerpen 20/07/2025 PB (25m pool): 02:40.96 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.16	01:15.72	02:06.67	02:44.93	
	00:35.16	00:40.56	00:50.95	00:38.26	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:6, starttime: 19:49
Heat: 6/7 Lane : 4 Athlete: DE BRABANDER CELESTE					Q-time: 02:38:20
PB (50m pool): 02:44.72 Antwerpen 20/07/2025 PB (25m pool): 02:38.20 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.32	01:20.96	02:08.11	02:44.72	
	00:37.32	00:43.64	00:47.15	00:36.61	
					

Coach feedback:

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Event number: 18: 200M MEDLEY WOMEN 13+					Heat:6, starttime: 19:49
Heat: 6/7 Lane : 5 Athlete: WULLAERT FIEN					Q-time: 02:38:93
PB (50m pool): 02:43.38 Antwerpen 20/07/2025					PB (25m pool): 02:38.93 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.87	01:19.29	02:09.51	02:43.38	
	00:37.87	00:41.42	00:50.22	00:33.87	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:7, starttime: 19:52
Heat: 7/7 Lane : 3 Athlete: DELPORTE LOTTE					Q-time: 02:33:02
PB (50m pool): 02:37.49 Antwerpen 27/07/2025					PB (25m pool): 02:33.02 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.75	01:14.61	02:02.73	02:37.49	
	00:34.75	00:39.86	00:48.12	00:34.76	
					

Coach feedback: