

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

Coachinfo: Warming up from: 17:00 untill 17:50. 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: 10: 100M BACKSTROKE WOMEN 11-12			Heat:3, starttime: 18:06
Heat: 3/5 Lane : 6 Athlete: MARTENS ESTEE			Q-time: 01:35:25
PB (50m pool): 01:33.05 LOCHRISTI 25/01/2026			PB (25m pool): 01:35.25 SB: 01:33.05 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:33.05	
	no time		
			

Coach feedback:

Event number: 10: 100M BACKSTROKE WOMEN 11-12			Heat:3, starttime: 18:06
Heat: 3/5 Lane : 8 Athlete: VAN PETEGHEM LAYLA			Q-time: 01:38:22
PB (50m pool): 01:38.85 LOCHRISTI 25/01/2026			PB (25m pool): 01:38.22 SB: 01:38.85 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:38.85	
	no time		
			

Coach feedback:

Event number: 10: 100M BACKSTROKE WOMEN 11-12			Heat:4, starttime: 18:08
Heat: 4/5 Lane : 3 Athlete: VAN GOETHEM LOTTE			Q-time: 01:30:31
PB (50m pool): 01:21.76 LOCHRISTI 25/01/2026			PB (25m pool): 01:24.66 SB: 01:21.76 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:21.76	
	no time		
			

Coach feedback:

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Event number: 12: 200M BUTTERFLY WOMEN 13+					Heat:1, starttime: 18:17
Heat: 1/2 Lane : 5 Athlete: DE MEY AURORA					Q-time: 03:15:80
PB (50m pool): 03:15.80 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:01.83 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.02	01:29.76	02:22.00	03:15.80	
	00:41.02	00:48.74	00:52.24	00:53.80	
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+					Heat:1, starttime: 18:25
Heat: 1/11 Lane : 5 Athlete: HEYNZE LASSE					Q-time: 01:20:05
PB (50m pool): 01:20.05 Antwerp 02/02/2025 PB (25m pool): 01:16.25 SB: no time					
	5 0 M	1 0 0 M			
PB	00:39.03	01:20.05			
	00:39.03	00:41.02			
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+					Heat:2, starttime: 18:27
Heat: 2/11 Lane : 6 Athlete: HAECK RUNE					Q-time: 01:16:24
PB (50m pool): 01:16.24 Antwerp 02/02/2025 PB (25m pool): 01:10.38 SB: no time					
	5 0 M	1 0 0 M			
PB	00:36.30	01:16.24			
	00:36.30	00:39.94			
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+					Heat:6, starttime: 18:33
Heat: 6/11 Lane : 6 Athlete: TAE LMAN YANN					Q-time: 01:04:56
PB (50m pool): 01:04.56 Antwerpen 13/07/2025 PB (25m pool): 01:02.57 SB: no time					
	5 0 M	1 0 0 M			
PB	00:31.35	01:04.56			
	00:31.35	00:33.21			
					

Coach feedback:

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Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:1, starttime: 18:43
Heat: 1/15 Lane : 3 Athlete: MARTENS ESTEE			Q-time: 01:36:02
PB (50m pool): 01:36.02 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:28.56 SB: no time			
	5 0 M	1 0 0 M	
PB	00:45.30	01:36.02	
	00:45.30	00:50.72	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:1, starttime: 18:43
Heat: 1/15 Lane : 5 Athlete: WINDHEY FIEN			Q-time: 01:33:45
PB (50m pool): 01:33.45 Antwerp 02/02/2025 PB (25m pool): 01:28.98 SB: no time			
	5 0 M	1 0 0 M	
PB	00:44.45	01:33.45	
	00:44.45	00:49.00	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:1, starttime: 18:43
Heat: 1/15 Lane : 7 Athlete: VAN PETEGHEM LAYLA			Q-time: 01:46:13
PB (50m pool): 01:46.13 WACHTEBEKE 19/01/2025 PB (25m pool): 01:42.10 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:46.13	
	no time		
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 18:47
Heat: 3/15 Lane : 1 Athlete: DE LETTER LINDE			Q-time: 01:24:88
PB (50m pool): 01:24.88 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:20.57 SB: no time			
	5 0 M	1 0 0 M	
PB	00:40.23	01:24.88	
	00:40.23	00:44.65	
			

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Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 18:47
Heat: 3/15 Lane : 3 Athlete: MAES LENA			Q-time: 01:24:34
PB (50m pool): 01:24.34 Antwerp 02/02/2025			PB (25m pool): 01:18.12 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.30	01:24.34	
	00:40.30	00:44.04	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 18:49
Heat: 4/15 Lane : 1 Athlete: AUDENAERT FIEN			Q-time: 01:22:05
PB (50m pool): no time			PB (25m pool): 01:22.84 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:5, starttime: 18:51
Heat: 5/15 Lane : 4 Athlete: VAN GOETHEM LOTTE			Q-time: 01:17:08
PB (50m pool): 01:17.08 Antwerpen 20/07/2025			PB (25m pool): 01:11.37 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.63	01:17.08	
	00:36.63	00:40.45	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 18:55
Heat: 7/15 Lane : 6 Athlete: DE MAEIJER ELENA			Q-time: 01:13:38
PB (50m pool): 01:13.38 Antwerpen 13/07/2025			PB (25m pool): 01:11.97 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.81	01:13.38	
	00:34.81	00:38.57	
			

Coach feedback:

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Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 18:58
Heat: 9/15 Lane : 1 Athlete: DE WINTER LORE			Q-time: 01:10:18
PB (50m pool): no time			PB (25m pool): 01:10.18 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:9, starttime: 18:58
Heat: 9/15 Lane : 7 Athlete: COWIE LORE			Q-time: 01:10:11
PB (50m pool): 01:10.11 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:09.54 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.86	01:10.11	
	00:33.86	00:36.25	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 18:58
Heat: 9/15 Lane : 8 Athlete: COLPAERT JULIE			Q-time: 01:10:22
PB (50m pool): 01:10.22 Antwerp 02/02/2025			PB (25m pool): 01:06.99 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.47	01:10.22	
	00:34.47	00:35.75	
			

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+			Heat:1, starttime: 19:10
Heat: 1/7 Lane : 5 Athlete: HAECK RUNE			Q-time: 00:50:03
PB (50m pool): 00:51.70 Aalst 28/04/2024			PB (25m pool): 00:51.14 SB: no time
	5 0 M		
PB	00:51.70		
	00:51.70		
			

Coach feedback:

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Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:3, starttime: 19:13
Heat: 3/7 Lane : 3 Athlete: TAE LMAN YANN		Q-time: 00:40:27
PB (50m pool): 00:41.01 Antwerpen 14/07/2024		PB (25m pool): 00:46.97 SB: no time
	5 0 M	
PB	00:41.01	
	00:41.01	
		

Coach feedback:

Event number: 16: 50M BREASTSTROKE WOMEN 13+		Heat:1, starttime: 19:19
Heat: 1/4 Lane : 3 Athlete: DE MEY AURORA		Q-time: 00:46:19
PB (50m pool): no time		PB (25m pool): 00:42.58 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 16: 50M BREASTSTROKE WOMEN 13+		Heat:1, starttime: 19:19
Heat: 1/4 Lane : 5 Athlete: AUDENAERT FIEN		Q-time: 00:45:89
PB (50m pool): no time		PB (25m pool): 00:50.54 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 : 3 Athlete: TAE LMAN YADE		Q-time: 00:42:76
PB (50m pool): 00:44.40 Aalst 28/04/2024		PB (25m pool): 00:39.88 SB: no time
	5 0 M	
PB	00:44.40	
	00:44.40	
		

Coach feedback:

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Event number: 16: 50M BREASTSTROKE WOMEN 13+				Heat:2, starttime: 19:20
Heat: 2/4 Lane : 7 Athlete: THIELEMANS MAXINE				Q-time: 00:43:67
PB (50m pool): 00:47.21 Aalst 28/04/2024		PB (25m pool): 00:45.10 SB: no time		
	5 0 M			
PB	00:47.21			
	00:47.21			
				

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:1, starttime: 19:31
Heat: 1/7 Lane : 4 Athlete: DE LETTER LINDE					Q-time: 03:18:94
PB (50m pool): no time		PB (25m pool): 03:18.94 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:2, starttime: 19:35
Heat: 2/7 Lane : 3 Athlete: DE WINTER LORE					Q-time: 03:08:02
PB (50m pool): no time		PB (25m pool): 03:08.02 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:2, starttime: 19:35
Heat: 2/7 Lane : 4 Athlete: DE MAEIJER ELENA					Q-time: 03:05:96
PB (50m pool): 03:26.76 Aalst 22/06/2024		PB (25m pool): 03:05.96 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	03:26.76	
	no time				
					

Coach feedback:

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Event number: 18: 200M MEDLEY WOMEN 13+					Heat:2, starttime: 19:35
Heat: 2/7 Lane : 7 Athlete: MAES LENA					Q-time: 03:14:94
PB (50m pool): 03:49.60 Wachtebeke 12/05/2024					PB (25m pool): 03:14.94 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	03:49.60	
	no time				
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:3, starttime: 19:39
Heat: 3/7 Lane : 6 Athlete: COWIE LORE					Q-time: 03:00:00
PB (50m pool): 03:18.49 Antwerpen 14/07/2024					PB (25m pool): 03:00.00 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	03:18.49	
	no time				
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:3, starttime: 19:39
Heat: 3/7 Lane : 8 Athlete: THIELEMANS MAXINE					Q-time: 03:05:61
PB (50m pool): no time					PB (25m pool): 03:05.61 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 : 7 Athlete: COLPAERT JULIE					Q-time: 02:49:47
PB (50m pool): 03:10.26 Wachtebeke 12/05/2024					PB (25m pool): 02:49.47 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	03:10.26	
	no time				
					

Coach feedback:

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Event number: 18: 200M MEDLEY WOMEN 13+					Heat:5, starttime: 19:46
Heat: 5/7 Lane : 1 Athlete: TAE LMAN YADE					Q-time: 02:45:39
PB (50m pool): 03:05.82 Antwerpen 14/07/2024					PB (25m pool): 02:45.39 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	03:05.82	
	no time				
					

Coach feedback: