

PK 50m bad: Session: 3: COACH evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 09:00 untill 09:50. 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: 20: 100M BUTTERFLY MEN 13+			Heat:2, starttime: 10:02
Heat: 2/6 Lane : 3 Athlete: SCHEPERS RUBEN			Q-time: 01:26:31
PB (50m pool): 01:26.31 Antwerpen 13/07/2025			PB (25m pool): 01:21.65 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.59	01:26.31	
	00:38.59	00:47.72	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:5, starttime: 10:08
Heat: 5/6 Lane : 3 Athlete: VAN DEN BREMT MATHIAS			Q-time: 01:07:05
PB (50m pool): 01:11.60 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:07.05 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.86	01:11.60	
	00:32.86	00:38.74	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:2, starttime: 10:14
Heat: 2/4 Lane : 2 Athlete: DEN TANDT AMBER			Q-time: 01:18:16
PB (50m pool): 01:20.14 Antwerpen 16/07/2023			PB (25m pool): 01:17.03 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:20.14	
	no time		
			

Coach feedback:

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Event number: 22: 50M BUTTERFLY MEN 11-12				Heat:1, starttime: 10:20
Heat: 1/3 Lane : 4 Athlete: DIERICK ROBBE				Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time		
	5 0 M			
PB	no time			
	no time			
				

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12				Heat:2, starttime: 10:21
Heat: 2/3 Lane : 1 Athlete: REYNIERS WARRE				Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time		
	5 0 M			
PB	no time			
	no time			
				

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:1, starttime: 10:24
Heat: 1/7 Lane : 4 Athlete: HEYLEN ROOS					Q-time: 03:13:70
PB (50m pool): 03:13.70 Antwerpen 13/07/2025			PB (25m pool): no time SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.47	01:39.09	02:28.36	03:13.70	
	00:47.47	00:51.62	00:49.27	00:45.34	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:5, starttime: 10:41
Heat: 5/7 Lane : 1 Athlete: VANDER MIJNSBRUGGE LORE					Q-time: 02:43:90
PB (50m pool): 02:46.10 Charleroi 11/01/2026			PB (25m pool): 02:43.90 SB: 02:46.10 Charleroi 11/01/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.00	01:21.42	02:04.91	02:46.10	
	00:38.00	00:43.42	00:43.49	00:41.19	
					

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:7, starttime: 10:48
Heat: 7/7 Lane : 5 Athlete: VAN DEN BREMT SARAH					Q-time: 02:27:19
PB (50m pool): 02:33.94 Antwerpen 27/07/2025					PB (25m pool): 02:27.19 SB: 02:36.42 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.72	01:15.50	01:55.72	02:33.94	
	00:35.72	00:39.78	00:40.22	00:38.22	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:2, starttime: 10:56
Heat: 2/5 Lane : 3 Athlete: SCHEPERS RUBEN					Q-time: 02:50:64
PB (50m pool): 03:07.06 Aalst 11/05/2025					PB (25m pool): 02:50.64 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.70	01:30.73	02:19.47	03:07.06	
	00:43.70	00:47.03	00:48.74	00:47.59	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:2, starttime: 10:56
Heat: 2/5 Lane : 7 Athlete: BOEL ELIAS					Q-time: 03:00:19
PB (50m pool): 03:00.19 Aalst 20/12/2025					PB (25m pool): 03:17.88 SB: 03:00.19 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.02	01:28.73	02:14.97	03:00.19	
	00:43.02	00:45.71	00:46.24	00:45.22	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:3, starttime: 11:00
Heat: 3/5 Lane : 3 Athlete: MAES JORDY					Q-time: 02:36:11
PB (50m pool): 02:42.77 Antwerpen 16/07/2023					PB (25m pool): 02:36.11 SB: 02:43.22 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:42.77	
	no time				
					

Coach feedback:

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Event number: 24: 200M BACKSTROKE MEN 13+					Heat:4, starttime: 11:03
Heat: 4/5 Lane : 4 Athlete: VAN DE WINKEL MILAN					Q-time: 02:28:66
PB (50m pool): 02:37.95 Antwerpen 13/07/2025					PB (25m pool): 02:28.66 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.53	01:16.82	01:58.16	02:37.95	
	00:36.53	00:40.29	00:41.34	00:39.79	
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12					Heat:1, starttime: 11:10
Heat: 1/3 Lane : 3 Athlete: DIERICK ROBBE					Q-time: 01:38:36
PB (50m pool): no time					PB (25m pool): 01:38.36 SB: no time
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12					Heat:1, starttime: 11:10
Heat: 1/3 Lane : 5 Athlete: REYNIERS WARRE					Q-time: 01:31:22
PB (50m pool): 01:25.96 LOCHRISTI 25/01/2026					PB (25m pool): 01:31.22 SB: 01:25.96 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M			
PB	no time	01:25.96			
	no time				
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 11:21
Heat: 2/8 Lane : 7 Athlete: HEYLEN ROOS					Q-time: 02:46:31
PB (50m pool): 02:49.18 Antwerpen 13/07/2025					PB (25m pool): 02:46.31 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.97	01:24.32	02:08.66	02:49.18	
	00:39.97	00:44.35	00:44.34	00:40.52	
					

Coach feedback:

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Event number: 27: 200M FREESTYLE MEN 13+					Heat:4, starttime: 11:52
Heat: 4/8 Lane : 7 Athlete: DE COCK MATZ					Q-time: 02:23:12
PB (50m pool): 02:23.12 Aalst 20/12/2025			PB (25m pool): 02:23.57 SB: 02:23.12 Aalst 20/12/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.34	01:08.94	01:46.77	02:23.12	
	00:32.34	00:36.60	00:37.83	00:36.35	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:4, starttime: 11:52
Heat: 4/8 Lane : 8 Athlete: LUYPAERT EDEN					Q-time: 02:24:14
PB (50m pool): 02:33.67 Aalst 11/05/2025			PB (25m pool): 02:24.14 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.10	01:15.43	01:56.20	02:33.67	
	00:36.10	00:39.33	00:40.77	00:37.47	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:5, starttime: 11:55
Heat: 5/8 Lane : 4 Athlete: BOONE FELIX					Q-time: 02:15:71
PB (50m pool): 02:22.88 Aalst 20/12/2025			PB (25m pool): 02:15.71 SB: 02:22.88 Aalst 20/12/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.06	01:08.38	01:46.23	02:22.88	
	00:32.06	00:36.32	00:37.85	00:36.65	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:6, starttime: 11:58
Heat: 6/8 Lane : 6 Athlete: VERHULST MEINDERT					Q-time: 02:11:99
PB (50m pool): 02:19.52 Antwerpen 13/07/2025			PB (25m pool): 02:11.99 SB: 02:21.14 Charleroi 11/01/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.82	01:06.29	01:43.16	02:19.52	
	00:30.82	00:35.47	00:36.87	00:36.36	
					

Coach feedback:

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Event number: 27: 200M FREESTYLE MEN 13+					Heat:7, starttime: 12:00
Heat: 7/8 Lane : 6 Athlete: VAN DEN BREMT MATHIAS					Q-time: 02:08:40
PB (50m pool): 02:14.59 Antwerpen 20/07/2025					PB (25m pool): 02:08.40 SB: 02:16.61 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.29	01:05.62	01:40.58	02:14.59	
	00:31.29	00:34.33	00:34.96	00:34.01	
					

Coach feedback:

Event number: 28: 400M MEDLEY WOMEN 13+					Heat:1, starttime: 12:06			
Heat: 1/2 Lane : 4 Athlete: VAN DE WINKEL LOLA					Q-time: 05:55:61			
PB (50m pool): 05:55.61 Antwerpen 20/07/2025					PB (25m pool): 05:56.54 SB: 05:59.42 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	00:36.69	01:22.48	02:09.02	02:54.05	03:42.41	04:32.56	05:14.84	05:55.61
	00:36.69	00:45.79	00:46.54	00:45.03	00:48.36	00:50.15	00:42.28	00:40.77
								

Coach feedback:

Event number: 28: 400M MEDLEY WOMEN 13+					Heat:1, starttime: 12:06			
Heat: 1/2 Lane : 5 Athlete: VANDER MIJNSBRUGGE LORE					Q-time: 05:57:20			
PB (50m pool): no time					PB (25m pool): 05:57.20 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	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 28: 400M MEDLEY WOMEN 13+					Heat:2, starttime: 12:13			
Heat: 2/2 Lane : 5 Athlete: VAN DEN BREMT SARAH					Q-time: 05:20:62			
PB (50m pool): 05:24.01 Antwerpen 27/07/2025					PB (25m pool): 05:20.62 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	00:34.16	01:14.26	01:56.66	02:37.61	03:24.56	04:12.00	04:50.02	05:24.01
	00:34.16	00:40.10	00:42.40	00:40.95	00:46.95	00:47.44	00:38.02	00:33.99
								

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Event number: 29: 4x100M MEDLEY MEN 11+							Heat:1, starttime: 12:19	
Heat: 1/1 Lane : 5 Athlete: TEAM AZL 2							Q-time: 04:27:19	
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: