

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

Coachinfo: Warming up from: 09:00 untill 09:50. 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: 21: 100M BUTTERFLY WOMEN 13+				Heat:3, starttime: 10:16	
Heat: 3/4 Lane : 5 Athlete: VAN DOORNE LORE				Q-time: 01:12:70	
PB (50m pool): 01:15.07 Kortrijk 04/05/2025				PB (25m pool): 01:12.70 SB: 01:19.02 Wezenberg 03/01/2026	
	5 0 M	1 0 0 M			
PB	00:35.32	01:15.07			
	00:35.32	00:39.75			
					

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12				Heat:3, starttime: 10:22	
Heat: 3/3 Lane : 7 Athlete: VAN DOORNE ARNO				Q-time: 00:44:19	
PB (50m pool): 00:44.19 Wezenberg 04/01/2026				PB (25m pool): no time SB: 00:44.19 Wezenberg 04/01/2026	
	5 0 M				
PB	00:44.19				
	00:44.19				
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+				Heat:3, starttime: 10:33	
Heat: 3/7 Lane : 1 Athlete: DE WULF ALEXINE				Q-time: 02:55:49	
PB (50m pool): 02:58.87 Aalst 28/06/2025				PB (25m pool): 02:55.49 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.57	01:27.53	02:13.36	02:58.87	
	00:41.57	00:45.96	00:45.83	00:45.51	
					

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:6, starttime: 10:44
Heat: 6/7 Lane : 5 Athlete: BUYLE LAURE					Q-time: 02:33:89
PB (50m pool): 02:46.65 Antwerpen 20/07/2025					PB (25m pool): 02:33.89 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.63	01:20.38	02:04.76	02:46.65	
	00:38.63	00:41.75	00:44.38	00:41.89	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:6, starttime: 10:44
Heat: 6/7 Lane : 6 Athlete: DE SMUL PAULINE					Q-time: 02:35:31
PB (50m pool): 02:38.57 Antwerpen 27/07/2025					PB (25m pool): 02:35.31 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.06	01:16.80	01:57.77	02:38.57	
	00:37.06	00:39.74	00:40.97	00:40.80	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:7, starttime: 10:48
Heat: 7/7 Lane : 2 Athlete: BUYLE GEIKE					Q-time: 02:28:88
PB (50m pool): 02:48.07 Kortrijk 04/05/2025					PB (25m pool): 02:28.88 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.87	01:22.52	02:06.00	02:48.07	
	00:39.87	00:42.65	00:43.48	00:42.07	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:3, starttime: 11:00
Heat: 3/5 Lane : 5 Athlete: DE BRUYNE BRIEK					Q-time: 02:33:59
PB (50m pool): 02:43.10 Kortrijk 04/05/2025					PB (25m pool): 02:33.59 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.30	01:20.15	02:01.88	02:43.10	
	00:38.30	00:41.85	00:41.73	00:41.22	
					

Coach feedback:

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Event number: 24: 200M BACKSTROKE MEN 13+					Heat:3, starttime: 11:00
Heat: 3/5 Lane : 6 Athlete: DE SMET KOBE					Q-time: 02:37:17
PB (50m pool): 02:45.88 Kortrijk 04/05/2025			PB (25m pool): 02:37.17 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.36	01:23.18	02:05.00	02:45.88	
	00:40.36	00:42.82	00:41.82	00:40.88	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:4, starttime: 11:03
Heat: 4/5 Lane : 2 Athlete: DEGRANDE VIC					Q-time: 02:31:36
PB (50m pool): 02:40.75 Kortrijk 04/05/2025			PB (25m pool): 02:31.36 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.14	01:17.72	01:59.22	02:40.75	
	00:37.14	00:40.58	00:41.50	00:41.53	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:4, starttime: 11:03
Heat: 4/5 Lane : 3 Athlete: VROMAN FINN					Q-time: 02:29:32
PB (50m pool): 02:36.73 Aalst 28/06/2025			PB (25m pool): 02:29.32 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.12	01:16.37	01:56.70	02:36.73	
	00:37.12	00:39.25	00:40.33	00:40.03	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:5, starttime: 11:07
Heat: 5/5 Lane : 5 Athlete: VROMAN WOUT					Q-time: 02:19:39
PB (50m pool): 02:26.15 Antwerpen 27/07/2025			PB (25m pool): 02:19.39 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.19	01:11.07	01:48.72	02:26.15	
	00:34.19	00:36.88	00:37.65	00:37.43	
					

Coach feedback:

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Event number: 25: 100M FREESTYLE MEN 11-12				Heat:3, starttime: 11:15	
Heat: 3/3 Lane : 1 Athlete: VAN DOORNE ARNO				Q-time: 01:20:37	
PB (50m pool): 01:20.37 Wezenberg 04/01/2026				PB (25m pool): 01:21.73 SB: 01:20.37 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M			
PB	00:38.64	01:20.37			
	00:38.64	00:41.73			
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:3, starttime: 11:24	
Heat: 3/8 Lane : 6 Athlete: DE WULF ALEXINE					Q-time: 02:35:34	
PB (50m pool): 02:36.80 Antwerpen 13/07/2025					PB (25m pool): 02:35.34 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:36.49	01:16.44	01:57.74	02:36.80		
	00:36.49	00:39.95	00:41.30	00:39.06		
						

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 11:30	
Heat: 5/8 Lane : 3 Athlete: BUYLE LAURE					Q-time: 02:24:42	
PB (50m pool): 02:29.30 Antwerpen 14/07/2024					PB (25m pool): 02:24.42 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	02:29.30		
	no time					
						

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 11:33	
Heat: 6/8 Lane : 2 Athlete: LONCKE JUTTA					Q-time: 02:22:57	
PB (50m pool): 02:26.07 Kortrijk 04/05/2025					PB (25m pool): 02:22.57 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:34.34	01:12.27	01:49.97	02:26.07		
	00:34.34	00:37.93	00:37.70	00:36.10		
						

Coach feedback:

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Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 11:33
Heat: 6/8 Lane : 4 Athlete: DE SMUL PAULINE					Q-time: 02:21:00
PB (50m pool): 02:23.54 Antwerpen 20/04/2025					PB (25m pool): 02:21.00 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.66	01:09.84	01:47.19	02:23.54	
	00:33.66	00:36.18	00:37.35	00:36.35	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 11:33
Heat: 6/8 Lane : 5 Athlete: BERKEIN ALESSIA					Q-time: 02:21:34
PB (50m pool): 02:27.51 Aalst 28/06/2025					PB (25m pool): 02:21.34 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.46	01:10.57	01:49.19	02:27.51	
	00:33.46	00:37.11	00:38.62	00:38.32	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:7, starttime: 11:36
Heat: 7/8 Lane : 8 Athlete: BUYLE GEIKE					Q-time: 02:20:91
PB (50m pool): 02:42.42 Kortrijk 04/05/2025					PB (25m pool): 02:20.91 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.93	01:17.53	02:00.51	02:42.42	
	00:35.93	00:41.60	00:42.98	00:41.91	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:4, starttime: 11:52
Heat: 4/8 Lane : 1 Athlete: DE SMET KOBE					Q-time: 02:23:70
PB (50m pool): 02:28.45 MOUSCRON 29/05/2025					PB (25m pool): 02:23.70 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.42	01:13.46	01:51.97	02:28.45	
	00:35.42	00:38.04	00:38.51	00:36.48	
					

Coach feedback:

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Event number: 27: 200M FREESTYLE MEN 13+					Heat:4, starttime: 11:52
Heat: 4/8 Lane : 3 Athlete: DE BRUYNE BRIEK					Q-time: 02:21:24
PB (50m pool): 02:27.43 Antwerpen 13/07/2025					PB (25m pool): 02:21.24 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.75	01:10.81	01:49.19	02:27.43	
	00:33.75	00:37.06	00:38.38	00:38.24	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:5, starttime: 11:55
Heat: 5/8 Lane : 3 Athlete: VROMAN FINN					Q-time: 02:17:02
PB (50m pool): 02:18.15 Antwerpen 20/07/2025					PB (25m pool): 02:17.02 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.52	01:06.09	01:42.28	02:18.15	
	00:31.52	00:34.57	00:36.19	00:35.87	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:5, starttime: 11:55
Heat: 5/8 Lane : 8 Athlete: DEGRANDE VIC					Q-time: 02:20:25
PB (50m pool): 02:25.80 Antwerpen 13/07/2025					PB (25m pool): 02:20.25 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.02	01:09.89	01:48.00	02:25.80	
	00:33.02	00:36.87	00:38.11	00:37.80	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:8, starttime: 12:03
Heat: 8/8 Lane : 3 Athlete: VROMAN WOUT					Q-time: 02:02:99
PB (50m pool): 02:06.63 Aalst 28/06/2025					PB (25m pool): 02:02.99 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.88	01:01.48	01:34.39	02:06.63	
	00:29.88	00:31.60	00:32.91	00:32.24	
					

Coach feedback:

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Event number: 28: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 12:13	
Heat: 2/2 Lane : 1 Athlete: VAN DOORNE LORE							Q-time: 05:40:80	
PB (50m pool): 05:47.71 Antwerpen 20/07/2025 PB (25m pool): 05:40.80 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	00:36.52	01:21.12	02:06.33	02:50.73	03:40.52	04:31.48	05:09.84	05:47.71
	00:36.52	00:44.60	00:45.21	00:44.40	00:49.79	00:50.96	00:38.36	00:37.87
								

Coach feedback: