

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

Coachinfo: Warming up from: 09:00 untill 09:50. 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: 20: 100M BUTTERFLY MEN 13+

Heat:3, starttime: 10:04

Heat: 3/6 Lane : 3 Athlete: VERHAGEN TOON

Q-time: 01:18:82

PB (50m pool): 01:24.22 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:18.82 SB: no time

	5 0 M	1 0 0 M	
PB	00:38.87	01:24.22	
	00:38.87	00:45.35	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+

Heat:4, starttime: 10:06

Heat: 4/6 Lane : 1 Athlete: VANHAVERE DAAN

Q-time: 01:16:52

PB (50m pool): 01:29.25 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:16.52 SB: no time

	5 0 M	1 0 0 M	
PB	00:40.98	01:29.25	
	00:40.98	00:48.27	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+

Heat:4, starttime: 10:06

Heat: 4/6 Lane : 2 Athlete: BOURDIAUDHY THIBAU

Q-time: 01:14:65

PB (50m pool): 01:18.76 Aalst 11/05/2025 PB (25m pool): 01:14.65 SB: no time

	5 0 M	1 0 0 M	
PB	00:36.24	01:18.76	
	00:36.24	00:42.52	
			

Coach feedback:

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Event number: 20: 100M BUTTERFLY MEN 13+			Heat:5, starttime: 10:08
Heat: 5/6 Lane : 2 Athlete: VAN GOETHEM ARTHUR			Q-time: 01:08:97
PB (50m pool): 01:11.50 Antwerpen 20/07/2025			PB (25m pool): 01:08.97 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.52	01:11.50	
	00:32.52	00:38.98	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:5, starttime: 10:08
Heat: 5/6 Lane : 4 Athlete: EL BOUHDIDI ISLAM			Q-time: 01:06:24
PB (50m pool): 01:08.52 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:06.24 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.44	01:08.52	
	00:31.44	00:37.08	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:6, starttime: 10:10
Heat: 6/6 Lane : 6 Athlete: VAN DE GENDER WOUT			Q-time: 01:02:44
PB (50m pool): 01:05.82 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:02.44 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.98	01:05.82	
	00:29.98	00:35.84	
			

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+				Heat:3, starttime: 10:33
Heat: 3/7 Lane : 4 Athlete: VERHULST NOOR				Q-time: 02:49:60
PB (50m pool): 03:00.17 Lago Gent Rozebroeken 04/05/2025				PB (25m pool): 02:49.60 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:43.04	01:28.75	02:14.85	03:00.17
	00:43.04	00:45.71	00:46.10	00:45.32
				

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:5, starttime: 10:41
Heat: 5/7 Lane : 5 Athlete: DE SMET AMÉLIE					Q-time: 02:39:66
PB (50m pool): no time PB (25m pool): 02:39.66 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: 23: 200M BACKSTROKE WOMEN 13+					Heat:6, starttime: 10:44
Heat: 6/7 Lane : 2 Athlete: WULLAERT FIEN					Q-time: 02:37:20
PB (50m pool): 02:39.56 Antwerpen 20/07/2025 PB (25m pool): 02:37.20 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.40	01:18.48	01:59.61	02:39.56	
	00:38.40	00:40.08	00:41.13	00:39.95	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:7, starttime: 10:48
Heat: 7/7 Lane : 1 Athlete: DELPORTE LOTTE					Q-time: 02:32:44
PB (50m pool): 02:35.77 Antwerpen 27/07/2025 PB (25m pool): 02:32.35 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.69	01:16.99	01:57.31	02:35.77	
	00:37.69	00:39.30	00:40.32	00:38.46	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:5, starttime: 11:07
Heat: 5/5 Lane : 3 Athlete: VERHAGEN ROBBE					Q-time: 02:22:16
PB (50m pool): 02:28.35 Antwerpen 28/07/2024 PB (25m pool): 02:22.16 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	02:28.35	
	no time				
					

Coach feedback:

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Event number: 24: 200M BACKSTROKE MEN 13+					Heat:5, starttime: 11:07
Heat: 5/5 Lane : 4 Athlete: VAN DE GENDER WOUT					Q-time: 02:17:21
PB (50m pool): 02:21.40 Antwerpen 20/04/2025 PB (25m pool): 02:17.21 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.00	01:08.28	01:45.20	02:21.40	
	00:33.00	00:35.28	00:36.92	00:36.20	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:4, starttime: 11:27
Heat: 4/8 Lane : 4 Athlete: PUNZO MICHELLE					Q-time: 02:28:71
PB (50m pool): 02:34.90 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:28.71 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.03	01:14.90	01:55.75	02:34.90	
	00:35.03	00:39.87	00:40.85	00:39.15	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:7, starttime: 11:36
Heat: 7/8 Lane : 2 Athlete: DE BRABANDER CELESTE					Q-time: 02:19:73
PB (50m pool): 02:20.68 Antwerpen 20/07/2025 PB (25m pool): 02:19.73 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.78	01:08.89	01:45.44	02:20.68	
	00:32.78	00:36.11	00:36.55	00:35.24	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:7, starttime: 11:36
Heat: 7/8 Lane : 7 Athlete: VAN DAELE JOSEFIEN					Q-time: 02:20:46
PB (50m pool): 02:26.36 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:20.46 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.53	01:11.05	01:49.12	02:26.36	
	00:33.53	00:37.52	00:38.07	00:37.24	
					

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Event number: 27: 200M FREESTYLE MEN 13+					Heat:6, starttime: 11:58
Heat: 6/8 Lane : 2 Athlete: VAN GOETHEM ARTHUR					Q-time: 02:13:37
PB (50m pool): 02:23.78 Aalst 11/05/2025					PB (25m pool): 02:13.37 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.15	01:09.50	01:47.47	02:23.78	
	00:32.15	00:37.35	00:37.97	00:36.31	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:6, starttime: 11:58
Heat: 6/8 Lane : 3 Athlete: VERHAGEN TOON					Q-time: 02:11:75
PB (50m pool): 02:22.84 Aalst 11/05/2025					PB (25m pool): 02:11.75 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.69	01:09.08	01:46.07	02:22.84	
	00:32.69	00:36.39	00:36.99	00:36.77	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:6, starttime: 11:58
Heat: 6/8 Lane : 5 Athlete: BOURDIAUDHY THIBAU					Q-time: 02:10:72
PB (50m pool): 02:18.84 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:10.72 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.82	01:07.21	01:43.89	02:18.84	
	00:31.82	00:35.39	00:36.68	00:34.95	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:7, starttime: 12:00
Heat: 7/8 Lane : 3 Athlete: EL BOUHDIDI ISLAM					Q-time: 02:07:99
PB (50m pool): 02:11.02 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:07.99 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.53	01:03.87	01:39.09	02:11.02	
	00:30.53	00:33.34	00:35.22	00:31.93	
					

Coach feedback:

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Event number: 28: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 12:13	
Heat: 2/2 Lane : 6 Athlete: DELPORTE LOTTE							Q-time: 05:24:85	
PB (50m pool): 05:31.56 Antwerpen 27/07/2025 PB (25m pool): 05:24.85 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	00:35.91	01:18.38	02:00.89	02:42.42	03:30.34	04:19.41	04:55.90	05:31.56
	00:35.91	00:42.47	00:42.51	00:41.53	00:47.92	00:49.07	00:36.49	00:35.66
								

Coach feedback: