

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

Coachinfo: Warming up from: 09:00 untill 09:50. 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: 20: 100M BUTTERFLY MEN 13+			Heat:3, starttime: 10:04
Heat: 3/6 Lane : 5 Athlete: VAN RAEMDONCK SIEBE			Q-time: 01:17:97
PB (50m pool): no time			PB (25m pool): 01:17.97 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:4, starttime: 10:06
Heat: 4/6 Lane : 5 Athlete: VAN NEER LOWIEK			Q-time: 01:12:82
PB (50m pool): 01:12.82 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:11.86 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.62	01:12.82	
	00:33.62	00:39.20	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:1, starttime: 10:12
Heat: 1/4 Lane : 1 Athlete: VANDERSCHAE GHE ELLA			Q-time: 01:31:67
PB (50m pool): 01:50.02 Aalst 28/04/2024			PB (25m pool): 01:31.67 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:50.02	
	no time		
			

Coach feedback:

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Event number: 21: 100M BUTTERFLY WOMEN 13+				Heat:1, starttime: 10:12	
Heat: 1/4 Lane : 3 Athlete: DE MEY AURORA				Q-time: 01:27:09	
PB (50m pool): 01:27.09 Antwerpen 13/07/2025				PB (25m pool): 01:20.50 SB: no time	
	5 0 M	1 0 0 M			
PB	00:39.71	01:27.09			
	00:39.71	00:47.38			
					

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12				Heat:2, starttime: 10:21	
Heat: 2/3 Lane : 4 Athlete: VANDERSCHAE GHE DAAN				Q-time: 00:47:29	
PB (50m pool): 00:47.29 Antwerp 26/01/2025				PB (25m pool): 00:45.25 SB: no time	
	5 0 M				
PB	00:47.29				
	00:47.29				
					

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12				Heat:3, starttime: 10:22	
Heat: 3/3 Lane : 6 Athlete: HEYNZE OTIS				Q-time: 00:41:08	
PB (50m pool): 00:41.49 Antwerp 02/02/2025				PB (25m pool): 00:39.25 SB: no time	
	5 0 M				
PB	00:41.49				
	00:41.49				
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:2, starttime: 10:29	
Heat: 2/7 Lane : 1 Athlete: WINDHEY FIEN					Q-time: 03:11:11	
PB (50m pool): no time					PB (25m pool): 03:11.11 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:

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Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:2, starttime: 10:29
Heat: 2/7 Lane : 3 Athlete: DE LETTER LINDE					Q-time: 03:00:18
PB (50m pool): no time PB (25m pool): 03:00.18 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:3, starttime: 10:33
Heat: 3/7 Lane : 5 Athlete: TAE LMAN YADE					Q-time: 02:50:86
PB (50m pool): 02:50.86 Antwerpen 13/07/2025 PB (25m pool): 02:42.44 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.36	01:24.68	02:09.45	02:50.86	
	00:41.36	00:43.32	00:44.77	00:41.41	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:1, starttime: 10:52
Heat: 1/5 Lane : 3 Athlete: HEYNZE LASSE					Q-time: 03:12:77
PB (50m pool): 03:12.77 WACHTEBEKE 19/01/2025 PB (25m pool): 03:02.96 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:34.78	no time	03:12.77	
	no time				
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:1, starttime: 10:52
Heat: 1/5 Lane : 4 Athlete: HAECK RUNE					Q-time: 03:01:44
PB (50m pool): 03:29.36 Antwerpen 14/07/2024 PB (25m pool): 03:01.44 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	03:29.36	
	no time				
					

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Event number: 25: 100M FREESTYLE MEN 11-12				Heat:2, starttime: 11:13	
Heat: 2/3 Lane : 7 Athlete: VANDERSCHAE GHE DAAN				Q-time: 01:25:67	
PB (50m pool): 01:25.67 Antwerpen 13/07/2025				PB (25m pool): 01:21.00 SB: no time	
	5 0 M	1 0 0 M			
PB	00:41.73	01:25.67			
	00:41.73	00:43.94			
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12				Heat:3, starttime: 11:15	
Heat: 3/3 Lane : 7 Athlete: HEYNZE OTIS				Q-time: 01:18:48	
PB (50m pool): 01:18.48 Antwerpen 13/07/2025				PB (25m pool): 01:16.07 SB: no time	
	5 0 M	1 0 0 M			
PB	00:38.93	01:18.48			
	00:38.93	00:39.55			
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+				Heat:1, starttime: 11:17	
Heat: 1/8 Lane : 6 Athlete: WINDHEY FIEN				Q-time: 03:01:43	
PB (50m pool): no time				PB (25m pool): 03:01.43 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: 26: 200M FREESTYLE WOMEN 13+				Heat:2, starttime: 11:21	
Heat: 2/8 Lane : 2 Athlete: VANDERSCHAE GHE ELLA				Q-time: 02:46:07	
PB (50m pool): 03:03.07 Antwerpen 14/07/2024				PB (25m pool): 02:46.07 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	03:03.07	
	no time				
					

Coach feedback:

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Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 11:21
Heat: 2/8 Lane : 3 Athlete: DE MAEIJER ELENA					Q-time: 02:45:56
PB (50m pool): 02:45.56 Antwerpen 13/07/2025					PB (25m pool): 02:39.78 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.31	01:18.71	02:03.27	02:45.56	
	00:36.31	00:42.40	00:44.56	00:42.29	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:3, starttime: 11:24
Heat: 3/8 Lane : 1 Athlete: COWIE LORE					Q-time: 02:37:75
PB (50m pool): 02:37.75 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:47.14 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.00	01:19.65	02:00.60	02:37.75	
	00:38.00	00:41.65	00:40.95	00:37.15	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 11:30
Heat: 5/8 Lane : 2 Athlete: COLPAERT JULIE					Q-time: 02:26:29
PB (50m pool): no time					PB (25m pool): 02:26.29 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: 27: 200M FREESTYLE MEN 13+					Heat:1, starttime: 11:42
Heat: 1/8 Lane : 3 Athlete: HEYNZE LASSE					Q-time: 02:51:55
PB (50m pool): no time					PB (25m pool): 02:53.20 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				
					

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Event number: 27: 200M FREESTYLE MEN 13+					Heat:2, starttime: 11:46
Heat: 2/8 Lane : 2 Athlete: HAECK RUNE					Q-time: 02:42:35
PB (50m pool): 03:06.32 Antwerpen 14/07/2024					PB (25m pool): 02:30.81 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	03:06.32	
	no time				
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:3, starttime: 11:49
Heat: 3/8 Lane : 4 Athlete: VAN RAEMDONCK SIEBE					Q-time: 02:26:05
PB (50m pool): no time					PB (25m pool): 02:26.05 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: 27: 200M FREESTYLE MEN 13+					Heat:5, starttime: 11:55
Heat: 5/8 Lane : 7 Athlete: VAN NEER LOWIEK					Q-time: 02:19:32
PB (50m pool): 02:43.69 Wachtebeke 12/05/2024					PB (25m pool): 02:19.32 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	02:43.69	
	no time				
					

Coach feedback: