

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

Coachinfo: Warming up from: 09:00 untill 09:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bogaert Ciaran

Coaches: Kindt Maarten

Coaches: Van Pelt Marie

Coaches: Kindt Joachim HEADCOACH

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 : 2 Athlete: VERHAEVERT FEN			Q-time: 01:31:40
PB (50m pool): 01:32.63 Aalst 20/12/2025			PB (25m pool): 01:31.40 SB: 01:32.63 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:40.96	01:32.63	
	00:40.96	00:51.67	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:2, starttime: 10:02
Heat: 2/6 Lane : 6 Athlete: DE DONDER THOR			Q-time: 01:29:22
PB (50m pool): 01:29.50 Antwerpen 13/07/2025			PB (25m pool): 01:29.22 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.08	01:29.50	
	00:43.08	00:46.42	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:3, starttime: 10:04
Heat: 3/6 Lane : 1 Athlete: BOMBEECK MATHIAS			Q-time: 01:22:80
PB (50m pool): 01:31.08 Antwerpen 13/07/2025			PB (25m pool): 01:22.80 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.26	01:31.08	
	00:41.26	00:49.82	
			

Coach feedback:

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Event number: 20: 100M BUTTERFLY MEN 13+			Heat:3, starttime: 10:04
Heat: 3/6 Lane : 2 Athlete: BLONDEEL NILS			Q-time: 01:21:23
PB (50m pool): 01:25.62 Antwerpen 13/07/2025			PB (25m pool): 01:21.23 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.31	01:25.62	
	00:37.31	00:48.31	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:3, starttime: 10:04
Heat: 3/6 Lane : 4 Athlete: STASSIJNS NAND			Q-time: 01:17:09
PB (50m pool): 01:19.99 Antwerpen 13/07/2025			PB (25m pool): 01:17.09 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.29	01:19.99	
	00:37.29	00:42.70	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:4, starttime: 10:06
Heat: 4/6 Lane : 4 Athlete: VERHAEVERT NAN			Q-time: 01:11:59
PB (50m pool): 01:15.29 Antwerpen 13/07/2025			PB (25m pool): 01:11.59 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.29	01:15.29	
	00:33.29	00:42.00	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:5, starttime: 10:08
Heat: 5/6 Lane : 6 Athlete: VAN DEN BROECK LUKAS			Q-time: 01:08:43
PB (50m pool): 01:08.43 Antwerp 02/02/2025			PB (25m pool): 01:09.41 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.11	01:08.43	
	00:32.11	00:36.32	
			

Coach feedback:

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Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:1, starttime: 10:12
Heat: 1/4 Lane : 7 Athlete: DENEFF ELLA			Q-time: 01:31:29
PB (50m pool): 01:31.94 Antwerpen 13/07/2025			PB (25m pool): 01:31.29 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.31	01:31.94	
	00:41.31	00:50.63	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:2, starttime: 10:14
Heat: 2/4 Lane : 5 Athlete: BULLEN LOTTE			Q-time: 01:17:11
PB (50m pool): 01:21.59 Antwerpen 13/07/2025			PB (25m pool): 01:17.11 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.09	01:21.59	
	00:36.09	00:45.50	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:3, starttime: 10:16
Heat: 3/4 Lane : 1 Athlete: BAYENS NINA			Q-time: 01:15:89
PB (50m pool): 01:18.11 Antwerpen 20/04/2025			PB (25m pool): 01:15.89 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.83	01:18.11	
	00:35.83	00:42.28	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:3, starttime: 10:16
Heat: 3/4 Lane : 3 Athlete: DE SMET LILY			Q-time: 01:13:47
PB (50m pool): 01:16.23 Antwerpen 13/07/2025			PB (25m pool): 01:13.47 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.88	01:16.23	
	00:33.88	00:42.35	
			

Coach feedback:

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Event number: 21: 100M BUTTERFLY WOMEN 13+				Heat:4, starttime: 10:17
Heat: 4/4 Lane : 1 Athlete: RUYSSINCK DIEDE				Q-time: 01:10:21
PB (50m pool): 01:12.44 Antwerpen 13/07/2025		PB (25m pool): 01:10.21 SB: 01:14.96 Aalst 20/12/2025		
	5 0 M	1 0 0 M		
PB	00:33.58	01:12.44		
	00:33.58	00:38.86		
				

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12				Heat:2, starttime: 10:21
Heat: 2/3 Lane : 6 Athlete: LANCKMAN CAS				Q-time: 00:49:86
PB (50m pool): no time		PB (25m pool): 00:49.86 SB: no time		
	5 0 M			
PB	no time			
	no time			
				

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:2, starttime: 10:29
Heat: 2/7 Lane : 4 Athlete: GULDEMONT NELL					Q-time: 02:58:42
PB (50m pool): 02:58.42 WACHTEBEKE 19/01/2025			PB (25m pool): 03:20.69 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:27.19	no time	02:58.42	
	no time				
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:2, starttime: 10:29
Heat: 2/7 Lane : 7 Athlete: KEMSEKE JENNE					Q-time: 03:04:68
PB (50m pool): 03:04.68 Antwerpen 13/07/2025			PB (25m pool): 03:08.53 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.94	01:32.18	02:19.28	03:04.68	
	00:44.94	00:47.24	00:47.10	00:45.40	
					

Coach feedback:

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

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:4, starttime: 10:37
Heat: 4/7 Lane : 1 Athlete: LEGRAND ALICIA					Q-time: 02:49:30
PB (50m pool): 02:56.42 Antwerpen 13/07/2025					PB (25m pool): 02:49.30 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.21	01:28.32	02:13.59	02:56.42	
	00:43.21	00:45.11	00:45.27	00:42.83	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:4, starttime: 10:37
Heat: 4/7 Lane : 3 Athlete: OSSELAER KATO					Q-time: 02:46:19
PB (50m pool): 02:49.95 Antwerpen 13/07/2025					PB (25m pool): 02:46.19 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.38	01:23.19	02:07.08	02:49.95	
	00:40.38	00:42.81	00:43.89	00:42.87	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:4, starttime: 10:37
Heat: 4/7 Lane : 8 Athlete: VAN DORPE ADA					Q-time: 02:49:58
PB (50m pool): 02:58.17 Antwerpen 13/07/2025					PB (25m pool): 02:49.58 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.74	01:26.89	02:12.69	02:58.17	
	00:41.74	00:45.15	00:45.80	00:45.48	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:6, starttime: 10:44
Heat: 6/7 Lane : 3 Athlete: EELBODE EMELIE					Q-time: 02:34:90
PB (50m pool): 02:34.90 Antwerpen 20/07/2025					PB (25m pool): 02:37.63 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.66	01:16.92	01:56.64	02:34.90	
	00:36.66	00:40.26	00:39.72	00:38.26	
					

Coach feedback:

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Event number: 24: 200M BACKSTROKE MEN 13+					Heat:1, starttime: 10:52
Heat: 1/5 Lane : 5 Athlete: DE RIDDER LEON					Q-time: 03:04:70
PB (50m pool): 03:04.70 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	00:42.54	01:28.23	02:17.08	03:04.70	
	00:42.54	00:45.69	00:48.85	00:47.62	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:2, starttime: 10:56
Heat: 2/5 Lane : 2 Athlete: VERNAILLEN SEPPE					Q-time: 02:54:28
PB (50m pool): 02:54.28 WACHTEBEKE 19/01/2025					PB (25m pool): 03:12.74 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:27.24	no time	02:54.28	
	no time				
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:5, starttime: 11:07
Heat: 5/5 Lane : 2 Athlete: WOJCIULA TYMON					Q-time: 02:23:22
PB (50m pool): 02:28.11 Antwerp 26/01/2025					PB (25m pool): 02:23.22 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.46	01:12.19	01:52.08	02:28.11	
	00:34.46	00:37.73	00:39.89	00:36.03	
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12					Heat:2, starttime: 11:13
Heat: 2/3 Lane : 1 Athlete: LANCKMAN CAS					Q-time: 01:25:77
PB (50m pool): 01:28.12 Aalst 20/12/2025					PB (25m pool): 01:25.77 SB: 01:28.12 Aalst 20/12/2025
	5 0 M	1 0 0 M			
PB	00:43.30	01:28.12			
	00:43.30	00:44.82			
					

Coach feedback:

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Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 11:21
Heat: 2/8 Lane : 6 Athlete: JACOB EMMA					Q-time: 02:46:05
PB (50m pool): 02:49.19 Antwerpen 13/07/2025					PB (25m pool): 02:46.05 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.90	01:24.40	02:08.66	02:49.19	
	00:38.90	00:45.50	00:44.26	00:40.53	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:4, starttime: 11:27
Heat: 4/8 Lane : 5 Athlete: VAN DORPE ADA					Q-time: 02:28:72
PB (50m pool): 02:36.34 Antwerpen 13/07/2025					PB (25m pool): 02:28.72 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.26	01:15.30	01:57.02	02:36.34	
	00:35.26	00:40.04	00:41.72	00:39.32	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:4, starttime: 11:27
Heat: 4/8 Lane : 7 Athlete: HOEBEECK TINNE					Q-time: 02:29:10
PB (50m pool): 02:33.24 Aalst 11/05/2025					PB (25m pool): 02:29.10 SB: 02:35.78 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.00	01:14.78	01:54.43	02:33.24	
	00:35.00	00:39.78	00:39.65	00:38.81	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 11:30
Heat: 5/8 Lane : 8 Athlete: OSSELAER GEIKE					Q-time: 02:27:88
PB (50m pool): 02:31.68 Antwerpen 13/07/2025					PB (25m pool): 02:27.88 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.32	01:13.86	01:53.68	02:31.68	
	00:34.32	00:39.54	00:39.82	00:38.00	
					

Coach feedback:

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

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:7, starttime: 11:36
Heat: 7/8 Lane : 3 Athlete: BAYENS NINA					Q-time: 02:19:54
PB (50m pool): 02:24.11 Antwerp 26/01/2025					PB (25m pool): 02:19.54 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.00	01:09.56	01:47.91	02:24.11	
	00:33.00	00:36.56	00:38.35	00:36.20	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:8, starttime: 11:39
Heat: 8/8 Lane : 4 Athlete: EELBODE EMELIE					Q-time: 02:12:19
PB (50m pool): 02:12.19 Aalst 20/12/2025					PB (25m pool): 02:20.22 SB: 02:12.19 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.82	01:04.16	01:39.46	02:12.19	
	00:30.82	00:33.34	00:35.30	00:32.73	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:2, starttime: 11:46
Heat: 2/8 Lane : 5 Athlete: BOMBEECK MATHIAS					Q-time: 02:35:75
PB (50m pool): 02:35.75 Antwerpen 13/07/2025					PB (25m pool): 02:42.60 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.26	01:15.94	01:58.84	02:35.75	
	00:35.26	00:40.68	00:42.90	00:36.91	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:4, starttime: 11:52
Heat: 4/8 Lane : 4 Athlete: VERNAILLEN SEPPE					Q-time: 02:20:30
PB (50m pool): 02:29.36 Aalst 20/12/2025					PB (25m pool): 02:20.30 SB: 02:29.36 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.87	01:13.59	01:52.68	02:29.36	
	00:33.87	00:39.72	00:39.09	00:36.68	
					

Coach feedback:

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

Event number: 27: 200M FREESTYLE MEN 13+					Heat:5, starttime: 11:55
Heat: 5/8 Lane : 6 Athlete: STASSIJNS NAND					Q-time: 02:18:53
PB (50m pool): 02:21.26 Antwerpen 13/07/2025					PB (25m pool): 02:18.53 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.60	01:08.89	01:46.38	02:21.26	
	00:32.60	00:36.29	00:37.49	00:34.88	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:6, starttime: 11:58
Heat: 6/8 Lane : 7 Athlete: VERHAEVERT NAN					Q-time: 02:13:59
PB (50m pool): 02:17.56 Aalst 11/05/2025					PB (25m pool): 02:13.59 SB: 02:18.02 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.30	01:06.74	01:42.75	02:17.56	
	00:31.30	00:35.44	00:36.01	00:34.81	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:7, starttime: 12:00
Heat: 7/8 Lane : 1 Athlete: VAN DEN BROECK LUKAS					Q-time: 02:09:98
PB (50m pool): 02:20.33 Antwerpen 14/07/2024					PB (25m pool): 02:09.98 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	02:20.33	
	no time				
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:8, starttime: 12:03
Heat: 8/8 Lane : 5 Athlete: CAUDRON XIBE					Q-time: 01:59:33
PB (50m pool): 02:07.73 Aalst 20/12/2025					PB (25m pool): 01:59.33 SB: 02:07.73 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.71	01:00.10	01:33.80	02:07.73	
	00:28.71	00:31.39	00:33.70	00:33.93	
					

Coach feedback:

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

Event number: 28: 400M MEDLEY WOMEN 13+							Heat:1, starttime: 12:06	
Heat: 1/2 Lane : 3 Athlete: BULLEN LOTTE							Q-time: 05:58:62	
PB (50m pool): no time			PB (25m pool): 05:58.62SB: 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: 29: 4x100M MEDLEY MEN 11+							Heat:1, starttime: 12:19	
Heat: 1/1 Lane : 1 Athlete: TEAM ZNA 1							Q-time: 99:99:99	
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:

Event number: 29: 4x100M MEDLEY MEN 11+							Heat:1, starttime: 12:19	
Heat: 1/1 Lane : 8 Athlete: TEAM ZNA 1							Q-time: 99:99:99	
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: