

PK 50m bad: Session: 4: COACH evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 13:00 untill 13:20. 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: 30: 100M BREASTSTROKE MEN 11-12			Heat:1, starttime: 14:00
Heat: 1/3 Lane : 3 Athlete: DIERICK ROBBE			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12			Heat:2, starttime: 14:03
Heat: 2/3 Lane : 7 Athlete: REYNIERS WARRE			Q-time: 01:58:47
PB (50m pool): no time			PB (25m pool): 01:58.47 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:4, starttime: 14:11
Heat: 4/8 Lane : 6 Athlete: LUYPAERT EDEN			Q-time: 00:30:10
PB (50m pool): 00:29.58 LOCHRISTI 25/01/2026			PB (25m pool): 00:30.10 SB: 00:29.58 LOCHRISTI 25/01/2026
	5 0 M		
PB	00:29.58		
	00:29.58		
			

Coach feedback:

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Event number: 31: 50M FREESTYLE MEN 13+						Heat:5, starttime: 14:12	
Heat: 5/8 Lane : 5 Athlete: VAN DE WINKEL MILAN						Q-time: 00:28:92	
PB (50m pool): 00:29.09 LOCHRISTI 25/01/2026				PB (25m pool): 00:28.92SB: 00:29.09 LOCHRISTI 25/01/2026			
	5 0 M						
PB	00:29.09						
	00:29.09						
							

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+							Heat:3, starttime: 14:19		
Heat: 3/10 Lane : 4 Athlete: HEYLEN ROOS							Q-time: 00:33:94		
PB (50m pool): 00:33.02 LOCHRISTI 25/01/2026				PB (25m pool): 00:33.94 SB: 00:33.02 LOCHRISTI 25/01/2026					
	5 0 M								
PB	00:33.02								
	00:33.02								
									

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+					Heat:5, starttime: 14:21				
Heat: 5/10 Lane : 4 Athlete: DEN TANDT AMBER					Q-time: 00:32:08				
PB (50m pool): 00:31.49 Antwerpen 16/07/2023					PB (25m pool): 00:30.55 SB: no time				
	5 0 M								
PB	00:31.49								
	00:31.49								
									

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:4, starttime: 14:39
Heat: 4/4 Lane : 1 Athlete: POPPE WARRE				Q-time: 02:44:48	
PB (50m pool): 02:58.16 Aalst 28/06/2025			PB (25m pool): 02:44.48 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.51	01:25.05	02:11.67	02:58.16	
	00:40.51	00:44.54	00:46.62	00:46.49	
					

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:4, starttime: 14:39
Heat: 4/4 Lane : 6 Athlete: VERHULST MEINDERT					Q-time: 02:37:49
PB (50m pool): 02:44.46 Antwerpen 13/07/2025					PB (25m pool): 02:37.49 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.10	01:19.10	02:02.46	02:44.46	
	00:37.10	00:42.00	00:43.36	00:42.00	
					

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:1, starttime: 14:43
Heat: 1/3 Lane : 4 Athlete: DEBAETS ELIEN					Q-time: 03:17:25
PB (50m pool): no time					PB (25m pool): 03:17.25 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: 34: 200M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 14:47
Heat: 2/3 Lane : 4 Athlete: VAN DE WINKEL LOLA					Q-time: 03:00:71
PB (50m pool): 03:02.65 Aalst 28/06/2025					PB (25m pool): 03:00.71 SB: 03:06.78 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.90	01:28.77	02:16.20	03:02.65	
	00:41.90	00:46.87	00:47.43	00:46.45	
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 14:55
Heat: 1/8 Lane : 3 Athlete: DIERICK ROBBE					Q-time: 02:00:48
PB (50m pool): 01:57.16 LOCHRISTI 25/01/2026					PB (25m pool): 02:00.48 SB: 01:57.16 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M			
PB	no time	01:57.16			
	no time				
					

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 14:58
Heat: 2/8 Lane : 8 Athlete: REYNIERS WARRE			Q-time: 01:40:98
PB (50m pool): 01:43.78 LOCHRISTI 25/01/2026			PB (25m pool): 01:40.98 SB: 01:43.78 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:43.78	
	no time		
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 15:03
Heat: 4/8 Lane : 2 Athlete: SCHEPERS RUBEN			Q-time: 01:21:24
PB (50m pool): 01:23.70 LOCHRISTI 25/01/2026			PB (25m pool): 01:21.24 SB: 01:23.70 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:23.70	
	no time		
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 15:05
Heat: 5/8 Lane : 4 Athlete: MAES JORDY			Q-time: 01:14:56
PB (50m pool): 01:14.56 Antwerp 09/02/2025			PB (25m pool): 01:13.19 SB: 01:16.06 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:36.26	01:14.56	
	00:36.26	00:38.30	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 15:10
Heat: 7/8 Lane : 5 Athlete: VAN DE WINKEL MILAN			Q-time: 01:08:54
PB (50m pool): 01:12.78 Antwerpen 13/07/2025			PB (25m pool): 01:08.54 SB: 01:14.92 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	00:35.90	01:12.78	
	00:35.90	00:36.88	
			

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:6, starttime: 15:27	
Heat: 6/9 Lane : 7 Athlete: VANDER MIJNSBRUGGE LORE				Q-time: 01:15:14	
PB (50m pool): 01:19.58 Antwerpen 13/07/2025				PB (25m pool): 01:15.14 SB: 01:19.76 Charleroi 11/01/2026	
	5 0 M	1 0 0 M			
PB	00:39.22	01:19.58			
	00:39.22	00:40.36			
					

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:9, starttime: 15:33	
Heat: 9/9 Lane : 7 Athlete: VAN DEN BREMT SARAH				Q-time: 01:08:49	
PB (50m pool): 01:12.19 Charleroi 11/01/2026				PB (25m pool): 01:08.49 SB: 01:12.19 Charleroi 11/01/2026	
	5 0 M	1 0 0 M			
PB	00:34.89	01:12.19			
	00:34.89	00:37.30			
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:1, starttime: 15:36	
Heat: 1/6 Lane : 4 Athlete: BOEL ELIAS					Q-time: 03:01:15	
PB (50m pool): 03:01.15 Aalst 20/12/2025					PB (25m pool): 03:03.42 SB: 03:01.15 Aalst 20/12/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:41.07	01:26.16	02:20.04	03:01.15		
	00:41.07	00:45.09	00:53.88	00:41.11		
						

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:2, starttime: 15:39	
Heat: 2/6 Lane : 5 Athlete: MAES JORDY					Q-time: 02:48:49	
PB (50m pool): 02:48.49 Antwerp 09/02/2025					PB (25m pool): 02:45.45 SB: 02:52.12 Charleroi 11/01/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:34.57	01:15.28	02:09.90	02:48.49		
	00:34.57	00:40.71	00:54.62	00:38.59		
						

Coach feedback:

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Event number: 37: 200M MEDLEY MEN 13+					Heat:3, starttime: 15:43
Heat: 3/6 Lane : 6 Athlete: DE COCK MATZ					Q-time: 02:42:64
PB (50m pool): 02:42.64 Antwerpen 13/07/2025					PB (25m pool): 02:40.32 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.22	01:20.55	02:06.46	02:42.64	
	00:36.22	00:44.33	00:45.91	00:36.18	
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:3, starttime: 15:43
Heat: 3/6 Lane : 7 Athlete: LUYPAERT EDEN					Q-time: 02:44:74
PB (50m pool): 02:48.81 Antwerpen 13/07/2025					PB (25m pool): 02:44.74 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.34	01:20.32	02:08.91	02:48.81	
	00:35.34	00:44.98	00:48.59	00:39.90	
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:4, starttime: 15:46
Heat: 4/6 Lane : 1 Athlete: BOONE FELIX					Q-time: 02:38:39
PB (50m pool): 02:45.55 Aalst 28/06/2025					PB (25m pool): 02:38.39 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.34	01:18.79	02:08.74	02:45.55	
	00:36.34	00:42.45	00:49.95	00:36.81	
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:4, starttime: 15:46
Heat: 4/6 Lane : 3 Athlete: VERHULST MEINDERT					Q-time: 02:35:57
PB (50m pool): 02:33.27 Charleroi 11/01/2026					PB (25m pool): 02:36.94 SB: 02:33.27 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.21	01:14.17	01:57.20	02:33.27	
	00:33.21	00:40.96	00:43.03	00:36.07	
					

Coach feedback:

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Event number: 37: 200M MEDLEY MEN 13+					Heat:5, starttime: 15:49
Heat: 5/6 Lane : 6 Athlete: VAN DEN BREMT MATHIAS					Q-time: 02:28:48
PB (50m pool): 02:35.04 Antwerpen 20/07/2025					PB (25m pool): 02:28.48 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.06	01:13.54	02:00.21	02:35.04	
	00:34.06	00:39.48	00:46.67	00:34.83	
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:5, starttime: 15:49
Heat: 5/6 Lane : 7 Athlete: POPPE WARRE					Q-time: 02:29:61
PB (50m pool): 02:33.85 Charleroi 11/01/2026					PB (25m pool): 02:29.61 SB: 02:33.85 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.31	01:12.42	01:58.25	02:33.85	
	00:33.31	00:39.11	00:45.83	00:35.60	
					

Coach feedback:

Event number: 38: 4x100M FREESTYLE WOMEN 11+							Heat:1, starttime: 15:56	
Heat: 1/1 Lane : 3 Athlete: TEAM AZL 3							Q-time: 04:24:86	
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: