

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

Coachinfo: Warming up from: 13:00 untill 13:20. 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: 30: 100M BREASTSTROKE MEN 11-12				Heat:3, starttime: 14:05	
Heat: 3/3 Lane : 1 Athlete: VAN DOORNE ARNO				Q-time: 01:42:98	
PB (50m pool): 01:43.09 Wezenberg 04/01/2026				PB (25m pool): 01:42.98 SB: 01:43.09 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M			
PB	00:49.13	01:43.09			
	00:49.13	00:53.96			
					

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:8, starttime: 14:24	
Heat: 8/10 Lane : 7 Athlete: LONCKE JUTTA				Q-time: 00:30:22	
PB (50m pool): 00:33.24 Lago Kortrijk Weide 28/04/2024				PB (25m pool): 00:30.22 SB: no time	
	5 0 M				
PB	00:33.24				
	00:33.24				
					

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 14:51	
Heat: 3/3 Lane : 5 Athlete: BERKEIN ALESSIA					Q-time: 02:52:93	
PB (50m pool): 03:05.02 Antwerpen 20/07/2025					PB (25m pool): 02:52.93 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:41.31	01:28.53	02:16.67	03:05.02		
	00:41.31	00:47.22	00:48.14	00:48.35		
						

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 15:00
Heat: 3/8 Lane : 2 Athlete: VAN DOORNE ARNO			Q-time: 01:29:34
PB (50m pool): 01:29.34 Wezenberg 04/01/2026			PB (25m pool): 01:30.18 SB: 01:29.34 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:42.73	01:29.34	
	00:42.73	00:46.61	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 15:05
Heat: 5/8 Lane : 6 Athlete: DE SMET KOBE			Q-time: 01:15:72
PB (50m pool): 01:19.64 Wezenberg 04/01/2026			PB (25m pool): 01:15.72 SB: 01:19.64 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:38.90	01:19.64	
	00:38.90	00:40.74	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 15:08
Heat: 6/8 Lane : 2 Athlete: DEGRANDE VIC			Q-time: 01:12:43
PB (50m pool): 01:15.70 Wezenberg 03/01/2026			PB (25m pool): 01:12.43 SB: 01:15.70 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:36.79	01:15.70	
	00:36.79	00:38.91	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 15:08
Heat: 6/8 Lane : 5 Athlete: DE BRUYNE BRIEK			Q-time: 01:10:85
PB (50m pool): 01:14.89 Wezenberg 03/01/2026			PB (25m pool): 01:10.85 SB: 01:14.89 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:36.26	01:14.89	
	00:36.26	00:38.63	
			

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 15:10
Heat: 7/8 Lane : 8 Athlete: VROMAN FINN			Q-time: 01:10:67
PB (50m pool): 01:16.08 Antwerpen 20/07/2025			PB (25m pool): 01:10.67 SB: 01:16.40 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:36.45	01:16.08	
	00:36.45	00:39.63	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:8, starttime: 15:12
Heat: 8/8 Lane : 2 Athlete: VROMAN WOUT			Q-time: 01:04:81
PB (50m pool): 01:08.46 Wezenberg 03/01/2026			PB (25m pool): 01:04.81 SB: 01:08.46 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:33.41	01:08.46	
	00:33.41	00:35.05	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:5, starttime: 15:24
Heat: 5/9 Lane : 2 Athlete: VAN DOORNE LORE			Q-time: 01:17:34
PB (50m pool): 01:20.02 Kortrijk 04/05/2025			PB (25m pool): 01:17.34 SB: 01:23.21 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:39.52	01:20.02	
	00:39.52	00:40.50	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:5, starttime: 15:24
Heat: 5/9 Lane : 5 Athlete: DE WULF ALEXINE			Q-time: 01:16:87
PB (50m pool): 01:22.33 Wezenberg 04/01/2026			PB (25m pool): 01:16.87 SB: 01:22.33 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:40.20	01:22.33	
	00:40.20	00:42.13	
			

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:7, starttime: 15:29
Heat: 7/9 Lane : 3 Athlete: BUYLE LAURE			Q-time: 01:12:94
PB (50m pool): 01:16.56 Kortrijk 04/05/2025			PB (25m pool): 01:12.94 SB: 01:17.94 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:38.04	01:16.56	
	00:38.04	00:38.52	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:8, starttime: 15:31
Heat: 8/9 Lane : 7 Athlete: DE SMUL PAULINE			Q-time: 01:11:60
PB (50m pool): 01:14.43 Antwerpen 27/07/2025			PB (25m pool): 01:11.60 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:14.43	
	no time		
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:9, starttime: 15:33
Heat: 9/9 Lane : 8 Athlete: BUYLE GEIKE			Q-time: 01:09:39
PB (50m pool): 01:13.71 Wezenberg 04/01/2026			PB (25m pool): 01:09.39 SB: 01:13.71 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:35.63	01:13.71	
	00:35.63	00:38.08	
			

Coach feedback: