

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

Coachinfo: Warming up from: 13:00 untill 13:20. 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: 31: 50M FREESTYLE MEN 13+				Heat:8, starttime: 14:15
Heat: 8/8 Lane : 8 Athlete: VERHAGEN ROBBE				Q-time: 00:26:72
PB (50m pool): 00:27.89 Antwerpen 20/04/2025				PB (25m pool): 00:26.72 SB: no time
	5 0 M			
PB	00:27.89			
	00:27.89			
				

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:10, starttime: 14:26
Heat: 10/10 Lane : 7 Athlete: WULLAERT FIEN				Q-time: 00:28:39
PB (50m pool): 00:29.28 Aalst 11/05/2025				PB (25m pool): 00:28.39 SB: no time
	5 0 M			
PB	00:29.28			
	00:29.28			
				

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:3, starttime: 14:35
Heat: 3/4 Lane : 5 Athlete: VAN GOETHEM ARTHUR				Q-time: 02:47:15
PB (50m pool): 03:09.62 Antwerp 26/01/2025				PB (25m pool): 02:47.15 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:41.87	01:30.60	02:20.64	03:09.62
	00:41.87	00:48.73	00:50.04	00:48.98
				

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:4, starttime: 14:39
Heat: 4/4 Lane : 8 Athlete: BOURDIAUDHY THIBAU					Q-time: 02:45:24
PB (50m pool): 02:57.89 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:45.24 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.21	01:26.21	02:12.56	02:57.89	
	00:40.21	00:46.00	00:46.35	00:45.33	
					

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 14:51
Heat: 3/3 Lane : 1 Athlete: DE BRABANDER CELESTE					Q-time: 02:57:48
PB (50m pool): 03:04.21 Antwerpen 20/07/2025 PB (25m pool): 02:57.48 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.35	01:28.67	02:17.10	03:04.21	
	00:41.35	00:47.32	00:48.43	00:47.11	
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 15:10
Heat: 7/8 Lane : 7 Athlete: EL BOUHDIDI ISLAM					Q-time: 01:10:10
PB (50m pool): 01:11.84 Antwerp 04/02/2024 PB (25m pool): 01:10.10 SB: no time					
	5 0 M	1 0 0 M			
PB	no time	01:11.84			
	no time				
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 15:12
Heat: 8/8 Lane : 4 Athlete: VAN DE GENDER WOUT					Q-time: 01:01:41
PB (50m pool): 01:05.92 Antwerpen 20/04/2025 PB (25m pool): 01:01.41 SB: no time					
	5 0 M	1 0 0 M			
PB	00:32.21	01:05.92			
	00:32.21	00:33.71			
					

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+			Heat:8, starttime: 15:12
Heat: 8/8 Lane : 7 Athlete: VERHAGEN ROBBE			Q-time: 01:05:25
PB (50m pool): 01:08.65 Olympic Pool Wezenberg, Antwer 30/07/2025 PB (25m pool): 01:05.25 SB: no time			
	5 0 M	1 0 0 M	
PB	00:33.43	01:08.65	
	00:33.43	00:35.22	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:6, starttime: 15:27
Heat: 6/9 Lane : 3 Athlete: WULLAERT FIEN			Q-time: 01:14:66
PB (50m pool): 01:17.64 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:14.66 SB: no time			
	5 0 M	1 0 0 M	
PB	00:38.68	01:17.64	
	00:38.68	00:38.96	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:7, starttime: 15:29
Heat: 7/9 Lane : 7 Athlete: DE SMET AMÉLIE			Q-time: 01:14:04
PB (50m pool): 01:16.66 Antwerpen 20/07/2025 PB (25m pool): 01:14.04 SB: no time			
	5 0 M	1 0 0 M	
PB	00:37.18	01:16.66	
	00:37.18	00:39.48	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:8, starttime: 15:31
Heat: 8/9 Lane : 4 Athlete: DELPORTE LOTTE			Q-time: 01:09:78
PB (50m pool): 01:13.35 Antwerpen 20/04/2025 PB (25m pool): 01:09.78 SB: no time			
	5 0 M	1 0 0 M	
PB	00:35.53	01:13.35	
	00:35.53	00:37.82	
			

Coach feedback:

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Event number: 37: 200M MEDLEY MEN 13+					Heat:4, starttime: 15:46
Heat: 4/6 Lane : 7 Athlete: VERHAGEN TOON					Q-time: 02:38:32
PB (50m pool): 03:04.93 Aalst 22/06/2024					PB (25m pool): 02:38.32 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	03:04.93	
	no time				
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:5, starttime: 15:49
Heat: 5/6 Lane : 5 Athlete: VAN GOETHEM ARTHUR					Q-time: 02:26:65
PB (50m pool): 02:29.88 Antwerpen 20/07/2025					PB (25m pool): 02:26.65 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.24	01:12.12	01:55.45	02:29.88	
	00:32.24	00:39.88	00:43.33	00:34.43	
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:5, starttime: 15:49
Heat: 5/6 Lane : 8 Athlete: BOURDIAUDHY THIBAU					Q-time: 02:31:26
PB (50m pool): 02:39.83 Antwerpen 20/04/2025					PB (25m pool): 02:31.26 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.91	01:16.09	02:03.54	02:39.83	
	00:34.91	00:41.18	00:47.45	00:36.29	
					

Coach feedback: