

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: FIRST

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: De Noble Naomi

Coaches: Cools Sandra HEADCOACH

Coaches: Mathys Jana

Coaches: De Noble Chloë

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 12: 200M FREESTYLE MEN 11+					Heat:3, starttime: 14:27
Heat: 3/9 Lane : 6 Athlete: DE CRAENE THIBE					Q-time: 02:48:00
PB (50m pool): 02:48.00 Antwerpen 13/07/2025					PB (25m pool): 02:40.73 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.31	01:22.89	02:07.78	02:48.00	
	00:38.31	00:44.58	00:44.89	00:40.22	
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:4, starttime: 14:31
Heat: 4/9 Lane : 4 Athlete: DE CHAMPS LOÏC					Q-time: 02:32:81
PB (50m pool): 02:32.81 Antwerpen 13/07/2025					PB (25m pool): 02:24.90 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.09	01:14.53	01:53.99	02:32.81	
	00:35.09	00:39.44	00:39.46	00:38.82	
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:5, starttime: 14:34
Heat: 5/9 Lane : 1 Athlete: EL GHAZALI ADAM					Q-time: 02:32:40
PB (50m pool): 02:32.40 Antwerpen 13/07/2025					PB (25m pool): 02:26.45 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.59	01:10.67	01:51.84	02:32.40	
	00:32.59	00:38.08	00:41.17	00:40.56	
					

Coach feedback:

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 12: 200M FREESTYLE MEN 11+					Heat:5, starttime: 14:34
Heat: 5/9 Lane : 5 Athlete: CASTEUR NICOLAS					Q-time: 02:26:69
PB (50m pool): 02:26.69 Gent 08/02/2026					PB (25m pool): 02:25.49 SB: 02:26.69 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.30	01:11.86	01:50.58	02:26.69	
	00:33.30	00:38.56	00:38.72	00:36.11	
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:5, starttime: 14:34
Heat: 5/9 Lane : 8 Athlete: MINNOYE TIEBE					Q-time: 02:32:80
PB (50m pool): 02:32.80 Antwerpen 13/07/2025					PB (25m pool): 02:30.93 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.30	01:14.11	01:54.29	02:32.80	
	00:34.30	00:39.81	00:40.18	00:38.51	
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:6, starttime: 14:37
Heat: 6/9 Lane : 5 Athlete: TIMMERMANS JULES					Q-time: 02:22:00
PB (50m pool): 02:13.30 Lago Gent Rozebroeken 05/05/2024					PB (25m pool): 02:11.70 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	02:13.30	
	no time				
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:7, starttime: 14:40
Heat: 7/9 Lane : 1 Athlete: DEGRANDE LARS					Q-time: 02:15:83
PB (50m pool): 02:15.83 Olympic Pool Wezenberg, Antwer 30/03/2024					PB (25m pool): 02:12.19 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.53	01:04.38	01:40.87	02:15.83	
	00:30.53	00:33.85	00:36.49	00:34.96	
					

Coach feedback:

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 12: 200M FREESTYLE MEN 11+					Heat:7, starttime: 14:40
Heat: 7/9 Lane : 5 Athlete: SLOS ROBBIE					Q-time: 02:13:55
PB (50m pool): 02:12.70 Antwerpen 16/07/2023					PB (25m pool): 02:09.84 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	02:12.70	
	no time				
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:4, starttime: 15:01
Heat: 4/9 Lane : 3 Athlete: NGABO ANNABELLE					Q-time: 02:52:43
PB (50m pool): 02:52.43 Antwerpen 13/07/2025					PB (25m pool): 02:51.86 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.95	01:24.27	02:09.31	02:52.43	
	00:39.95	00:44.32	00:45.04	00:43.12	
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:4, starttime: 15:01
Heat: 4/9 Lane : 4 Athlete: GERRITSEN VESPER					Q-time: 02:50:91
PB (50m pool): 02:49.05 Lago Gent Rozebroeken 05/05/2024					PB (25m pool): 02:43.59 SB: 02:56.55 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:49.05	
	no time				
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:5, starttime: 15:04
Heat: 5/9 Lane : 1 Athlete: DE WEVER LAURA					Q-time: 02:45:77
PB (50m pool): 02:45.77 Antwerpen 13/07/2025					PB (25m pool): 02:38.75 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.02	01:21.69	02:04.66	02:45.77	
	00:39.02	00:42.67	00:42.97	00:41.11	
					

Coach feedback:

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Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:5, starttime: 15:04
Heat: 5/9 Lane : 3 Athlete: RUTTEN LEONIE					Q-time: 02:40:74
PB (50m pool): 02:40.74 Antwerpen 13/07/2025					PB (25m pool): 02:38.93 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.31	01:19.95	02:01.43	02:40.74	
	00:38.31	00:41.64	00:41.48	00:39.31	
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:5, starttime: 15:04
Heat: 5/9 Lane : 5 Athlete: DEGRANDE AN					Q-time: 02:40:31
PB (50m pool): 02:40.31 Antwerpen 13/07/2025					PB (25m pool): 02:31.06 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.54	01:17.91	02:01.51	02:40.31	
	00:36.54	00:41.37	00:43.60	00:38.80	
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:5, starttime: 15:04
Heat: 5/9 Lane : 7 Athlete: VANCAYZEELE MARGAUX					Q-time: 02:44:05
PB (50m pool): 02:44.05 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:39.30 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.88	01:17.47	02:00.72	02:44.05	
	00:36.88	00:40.59	00:43.25	00:43.33	
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:6, starttime: 15:08
Heat: 6/9 Lane : 2 Athlete: VAN BRABANDT MILA					Q-time: 02:34:97
PB (50m pool): 02:34.97 Antwerpen 13/07/2025					PB (25m pool): 02:32.89 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.20	01:15.59	01:56.47	02:34.97	
	00:36.20	00:39.39	00:40.88	00:38.50	
					

Coach feedback:

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:6, starttime: 15:08
Heat: 6/9 Lane : 8 Athlete: DE GRIEVE ONA					Q-time: 02:38:59
PB (50m pool): 02:38.59 Antwerpen 13/07/2025					PB (25m pool): 02:38.75 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.63	01:16.31	01:57.40	02:38.59	
	00:36.63	00:39.68	00:41.09	00:41.19	
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:8, starttime: 15:14
Heat: 8/9 Lane : 7 Athlete: HANSELAER ARIANE					Q-time: 02:27:02
PB (50m pool): 02:27.02 Antwerpen 13/07/2025					PB (25m pool): 02:23.70 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.74	01:08.80	01:47.71	02:27.02	
	00:32.74	00:36.06	00:38.91	00:39.31	
					

Coach feedback:

Event number: 15: 200M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:29
Heat: 1/3 Lane : 5 Athlete: HAMID ROYAH					Q-time: 03:24:58
PB (50m pool): 03:24.58 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 03:24.81 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.94	01:38.57	02:32.28	03:24.58	
	00:46.94	00:51.63	00:53.71	00:52.30	
					

Coach feedback:

Event number: 15: 200M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:29
Heat: 1/3 Lane : 6 Athlete: BEKAERT SOPHIA					Q-time: 03:31:12
PB (50m pool): 03:31.12 Antwerpen 13/07/2025					PB (25m pool): 03:36.93 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.77	01:43.58	02:38.07	03:31.12	
	00:48.77	00:54.81	00:54.49	00:53.05	
					

Coach feedback:

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 15: 200M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:33
Heat: 2/3 Lane : 4 Athlete: NEIRINCK ANNELIES					Q-time: 02:46:03
PB (50m pool): 02:46.03 Olympic Pool Wezenberg, Antwer 30/03/25 PB (25m pool): 02:39.58 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.66	01:21.38	02:04.85	02:46.03	
	00:38.66	00:42.72	00:43.47	00:41.18	
					

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN 11+					Heat:1, starttime: 15:41
Heat: 1/3 Lane : 3 Athlete: VAN KERKHOVE JORICK					Q-time: 03:59:82
PB (50m pool): 03:59.82 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 04:00.71 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:54.99	01:57.00	03:00.14	03:59.82	
	00:54.99	01:02.01	01:03.14	00:59.68	
					

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:45
Heat: 2/3 Lane : 1 Athlete: GERRITSEN BRUNO					Q-time: 03:06:05
PB (50m pool): 03:06.05 Gent 08/02/2026 PB (25m pool): 03:02.08 SB: 03:06.05 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.63	01:30.85	02:19.30	03:06.05	
	00:42.63	00:48.22	00:48.45	00:46.75	
					

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:45
Heat: 2/3 Lane : 5 Athlete: DE CRAENE MATTHIS					Q-time: 02:55:48
PB (50m pool): 02:55.48 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:46.70 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.33	01:26.56	02:12.92	02:55.48	
	00:40.33	00:46.23	00:46.36	00:42.56	
					

Coach feedback:

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 16: 200M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:45
Heat: 2/3 Lane : 8 Athlete: DE PAUW JULES					Q-time: 03:12:17
PB (50m pool): 03:12.17 Antwerpen 13/07/2025					PB (25m pool): 03:08.74 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.06	01:32.99	02:23.30	03:12.17	
	00:43.06	00:49.93	00:50.31	00:48.87	
					

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:49
Heat: 3/3 Lane : 2 Athlete: VANCAYZEELE THIBAU					Q-time: 02:48:59
PB (50m pool): 02:48.59 Antwerpen 13/07/2025					PB (25m pool): 02:41.44 SB: 02:52.47 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.83	01:19.82	02:04.68	02:48.59	
	00:36.83	00:42.99	00:44.86	00:43.91	
					

Coach feedback:

Event number: 18: 200M BUTTERFLY MEN 11+					Heat:1, starttime: 16:02
Heat: 1/1 Lane : 5 Athlete: CASTEUR ALEXANDER					Q-time: 02:40:54
PB (50m pool): no time					PB (25m pool): 02:40.54 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: 20: 100M FREESTYLE MEN 11+					Heat:2, starttime: 16:26
Heat: 2/3 Lane : 3 Athlete: CASTEUR ALEXANDER					Q-time: 01:02:13
PB (50m pool): 01:02.13 Antwerpen 13/07/2025					PB (25m pool): 01:02.26 SB: no time
	5 0 M	1 0 0 M			
PB	00:29.84	01:02.13			
	00:29.84	00:32.29			
					

Coach feedback:

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 20: 100M FREESTYLE MEN 11+			Heat:3, starttime: 16:27
Heat: 3/3 Lane : 1 Athlete: DE CRAENE MATTHIS			Q-time: 01:00:50
PB (50m pool): 01:00.50 Gent 08/02/2026			PB (25m pool): 00:59.85 SB: 01:00.50 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:29.90	01:00.50	
	00:29.90	00:30.60	
			

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN 11+			Heat:1, starttime: 16:30
Heat: 1/4 Lane : 6 Athlete: HAMID ROYAH			Q-time: 01:22:62
PB (50m pool): 01:22.62 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:22.34 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.48	01:22.62	
	00:39.48	00:43.14	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:1, starttime: 16:37
Heat: 1/6 Lane : 6 Athlete: VAN KERKHOVE JORICK			Q-time: 01:40:78
PB (50m pool): 01:40.78 Gent 08/02/2026			PB (25m pool): 01:40.05 SB: 01:40.78 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:49.12	01:40.78	
	00:49.12	00:51.66	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 16:40
Heat: 2/6 Lane : 2 Athlete: DE CRAENE THIBE			Q-time: 01:29:47
PB (50m pool): 01:29.47 Gent 08/02/2026			PB (25m pool): 01:27.05 SB: 01:29.47 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:43.93	01:29.47	
	00:43.93	00:45.54	
			

Coach feedback:

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 16:40
Heat: 2/6 Lane : 5 Athlete: DE PAUW JULES			Q-time: 01:26:28
PB (50m pool): 01:26.28 Gent 08/02/2026			PB (25m pool): 01:40.68 SB: 01:26.28 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:41.59	01:26.28	
	00:41.59	00:44.69	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 16:40
Heat: 2/6 Lane : 6 Athlete: GERRITSEN BRUNO			Q-time: 01:29:27
PB (50m pool): 01:25.53 Antwerpen 15/03/2026			PB (25m pool): 01:26.86 SB: 01:25.53 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:42.20	01:25.53	
	00:42.20	00:43.33	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 16:43
Heat: 3/6 Lane : 2 Athlete: MINNOYE TIEBE			Q-time: 01:24:36
PB (50m pool): 01:23.71 Lago Gent Rozebroeken 05/05/2024			PB (25m pool): 01:20.01 SB: 01:26.85 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:23.71	
	no time		
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 16:43
Heat: 3/6 Lane : 6 Athlete: DE CHAMPS LOÏC			Q-time: 01:23:84
PB (50m pool): 01:23.84 Gent 08/02/2026			PB (25m pool): 01:21.53 SB: 01:23.84 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:41.12	01:23.84	
	00:41.12	00:42.72	
			

Coach feedback:

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 16:45
Heat: 4/6 Lane : 1 Athlete: CASTEUR NICOLAS			Q-time: 01:20:69
PB (50m pool): 01:18.73 Antwerpen 15/03/2026			PB (25m pool): 01:16.83 SB: 01:18.73 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.03	01:18.73	
	00:39.03	00:39.70	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 16:45
Heat: 4/6 Lane : 4 Athlete: VANCAYZEELE THIBAU			Q-time: 01:16:62
PB (50m pool): 01:13.99 Antwerpen 15/03/2026			PB (25m pool): 01:09.13 SB: 01:13.99 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.25	01:13.99	
	00:35.25	00:38.74	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 16:47
Heat: 5/6 Lane : 1 Athlete: EL GHAZALI ADAM			Q-time: 01:15:60
PB (50m pool): 01:14.60 Antwerpen 15/03/2026			PB (25m pool): 01:12.53 SB: 01:14.60 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.97	01:14.60	
	00:34.97	00:39.63	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 16:55
Heat: 2/4 Lane : 5 Athlete: VANCAYZEELE MARGAUX			Q-time: 01:28:47
PB (50m pool): 01:27.06 Antwerpen 15/03/2026			PB (25m pool): 01:25.72 SB: 01:27.06 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:42.97	01:27.06	
	00:42.97	00:44.09	
			

Coach feedback:

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 16:55
Heat: 2/4 Lane : 6 Athlete: DE WEVER LAURA			Q-time: 01:30:59
PB (50m pool): 01:28.57 Antwerpen 15/03/2026			PB (25m pool): 01:23.87 SB: 01:28.57 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:43.33	01:28.57	
	00:43.33	00:45.24	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 16:57
Heat: 3/4 Lane : 2 Athlete: NGABO ANNABELLE			Q-time: 01:25:17
PB (50m pool): 01:24.29 Antwerpen 15/03/2026			PB (25m pool): 01:29.50 SB: 01:24.29 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.57	01:24.29	
	00:41.57	00:42.72	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 16:57
Heat: 3/4 Lane : 6 Athlete: DE GRIEVE ONA			Q-time: 01:24:66
PB (50m pool): 01:23.09 Aalst 28/04/2024			PB (25m pool): 01:20.81 SB: 01:27.48 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:23.09	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 16:57
Heat: 3/4 Lane : 7 Athlete: RUTTEN LEONIE			Q-time: 01:26:74
PB (50m pool): 01:26.74 Gent 08/02/2026			PB (25m pool): 01:23.97 SB: 01:26.74 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:42.35	01:26.74	
	00:42.35	00:44.39	
			

Coach feedback:

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 17:00
Heat: 4/4 Lane : 7 Athlete: DEGRANDE AN			Q-time: 01:18:06
PB (50m pool): 01:18.06 Antwerpen 13/07/2025			PB (25m pool): 01:14.26 SB: 01:19.38 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:37.29	01:18.06	
	00:37.29	00:40.77	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 17:07
Heat: 3/3 Lane : 2 Athlete: DEGRANDE LARS			Q-time: 01:19:23
PB (50m pool): 01:18.76 Antwerpen 15/03/2026			PB (25m pool): 01:14.30 SB: 01:18.76 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.43	01:18.76	
	00:36.43	00:42.33	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 17:07
Heat: 3/3 Lane : 6 Athlete: SLOS ROBBIE			Q-time: 01:13:94
PB (50m pool): 01:12.94 Antwerpen 22/03/2026			PB (25m pool): 01:11.20 SB: 01:12.94 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:34.05	01:12.94	
	00:34.05	00:38.89	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 17:07
Heat: 3/3 Lane : 7 Athlete: TIMMERMANS JULES			Q-time: 01:20:09
PB (50m pool): 01:17.89 Antwerp 04/02/2024			PB (25m pool): 01:15.31 SB: 01:19.90 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	no time	01:17.89	
	no time		
			

Coach feedback:

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 17:09
Heat: 1/5 Lane : 6 Athlete: GERRITSEN VESPER			Q-time: 99:99:99
PB (50m pool): 01:37.87 Antwerpen 16/07/2023			PB (25m pool): 01:37.43 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:37.87	
	no time		
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 17:14
Heat: 3/5 Lane : 1 Athlete: BEKAERT SOPHIA			Q-time: 01:43:10
PB (50m pool): 01:43.10 Antwerpen 13/07/2025			PB (25m pool): 01:44.02 SB: 01:48.61 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:49.65	01:43.10	
	00:49.65	00:53.45	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 17:18
Heat: 5/5 Lane : 6 Athlete: HANSELAER ARIANE			Q-time: 01:26:29
PB (50m pool): 01:26.29 Antwerp 02/02/2025			PB (25m pool): 01:24.76 SB: 01:31.47 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:40.43	01:26.29	
	00:40.43	00:45.86	
			

Coach feedback:

Event number: 27: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 17:29
Heat: 2/2 Lane : 7 Athlete: NEIRINCK ANNELIES			Q-time: 01:17:40
PB (50m pool): 01:14.75 Antwerpen 14/07/2024			PB (25m pool): 01:15.79 SB: 01:18.44 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:14.75	
	no time		
			

Coach feedback:

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 27: 100M BUTTERFLY WOMEN 11+		Heat:2, starttime: 17:29	
Heat: 2/2 Lane : 8 Athlete: VAN BRABANDT MILA			Q-time: 01:18:58
PB (50m pool): 01:16.92 Antwerpen 15/03/2026		PB (25m pool): 01:17.45 SB: 01:16.92 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:35.11	01:16.92	
	00:35.11	00:41.81	
			

Coach feedback: