

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Heirwegh Tina HEADCOACH

Coaches: Bijloos Annie

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

Event number: 1: 50M BUTTERFLY WOMEN 11+				Heat:3, starttime: 09:03	
Heat: 3/8 Lane : 1 Athlete: VANDERSTRAETEN HELENA				Q-time: 00:41:13	
PB (50m pool): 00:41.13 Antwerpen 15/03/2026				PB (25m pool): 00:43.51 SB: 00:41.13 Antwerpen 15/03/2026	
	5 0 M				
PB	00:41.13				
	00:41.13				
					

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+				Heat:4, starttime: 09:04	
Heat: 4/8 Lane : 3 Athlete: HEYLEN ROOS				Q-time: 00:36:65	
PB (50m pool): 00:36.65 Antwerpen 15/03/2026				PB (25m pool): 00:37.06 SB: 00:36.65 Antwerpen 15/03/2026	
	5 0 M				
PB	00:36.65				
	00:36.65				
					

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+				Heat:6, starttime: 09:07	
Heat: 6/8 Lane : 8 Athlete: DEN TANDT AMBER				Q-time: 00:33:90	
PB (50m pool): 00:33.90 Antwerp 02/02/2025				PB (25m pool): 00:33.35 SB: 00:34.15 Lochristi 01/02/2026	
	5 0 M				
PB	00:33.90				
	00:33.90				
					

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 1: 50M BUTTERFLY WOMEN 11+										Heat:7, starttime: 09:08																			
Heat: 7/8 Lane : 2 Athlete: VAN DE WINKEL LOLA																				Q-time: 00:32:86									
PB (50m pool): 00:32.86 Gent 08/02/2026										PB (25m pool): 00:33.31SB: 00:32.86 Gent 08/02/2026																			
		5 0 M																											
PB		00:32.86																											
		00:32.86																											
																													

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+										Heat:7, starttime: 09:08																			
Heat: 7/8 Lane : 6 Athlete: CORNELIS ENID																				Q-time: 00:32:39									
PB (50m pool): 00:31.70 Aalst 26/01/2020										PB (25m pool): 00:30.73 SB: no time																			
		5 0 M																											
PB		00:31.70																											
		00:31.70																											
																													

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+										Heat:3, starttime: 09:14																				
Heat: 3/8 Lane : 1 Athlete: BOEL ELIAS																				Q-time: 00:37:98										
PB (50m pool): 00:37.98 Antwerpen 15/03/2026										PB (25m pool): 00:38.28 SB: 00:37.98 Antwerpen 15/03/2026																				
	5 0 M																													
PB	00:37.98																													
	00:37.98																													
																														

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+										Heat:4, starttime: 09:15																				
Heat: 4/8 Lane : 6 Athlete: SCHEPERS RUBEN																				Q-time: 00:33:85										
PB (50m pool): 00:33.85 Antwerpen 15/03/2026										PB (25m pool): 00:33.43 SB: 00:33.85 Antwerpen 15/03/2026																				
	5 0 M																													
PB	00:33.85																													
	00:33.85																													
																														

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 2: 50M BUTTERFLY MEN 11+		Heat:4, starttime: 09:15
Heat: 4/8 Lane : 7 Athlete: BOONE FELIX		Q-time: 00:34:32
PB (50m pool): 00:34.32 Antwerpen 13/07/2025		PB (25m pool): 00:34.68 SB: no time
	5 0 M	
PB	00:34.32	
	00:34.32	
		

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+		Heat:5, starttime: 09:17
Heat: 5/8 Lane : 3 Athlete: DE COCK MATZ		Q-time: 00:32:01
PB (50m pool): 00:32.01 Antwerpen 15/03/2026		PB (25m pool): 00:32.19 SB: 00:32.01 Antwerpen 15/03/2026
	5 0 M	
PB	00:32.01	
	00:32.01	
		

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+		Heat:7, starttime: 09:19
Heat: 7/8 Lane : 7 Athlete: VERHULST LENNERT		Q-time: 00:30:06
PB (50m pool): 00:29.68 Antwerpen 16/07/2023		PB (25m pool): 00:29.27 SB: no time
	5 0 M	
PB	00:29.68	
	00:29.68	
		

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+		Heat:8, starttime: 09:20
Heat: 8/8 Lane : 1 Athlete: VAN DEN BREMT MATHIAS		Q-time: 00:30:28
PB (50m pool): 00:30.28 Sportoase De Watermolen 29/03/2026		PB (25m pool): 00:29.68 SB: 00:30.28 Sportoase De Watermolen 29/03/2026
	5 0 M	
PB	00:30.28	
	00:30.28	
		

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 11+			Heat:4, starttime: 09:27
Heat: 4/8 Lane : 3 Athlete: DEBAETS ELIEN			Q-time: 00:40:07
PB (50m pool): 00:41.54 Antwerpen 13/07/2025			PB (25m pool): 00:40.07 SB: no time
	5 0 M		
PB	00:41.54		
	00:41.54		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+			Heat:7, starttime: 09:32
Heat: 7/8 Lane : 7 Athlete: VANDER MIJNSBRUGGE LORE			Q-time: 00:35:43
PB (50m pool): 00:35.43 Antwerpen 15/03/2026			PB (25m pool): 00:34.53 SB: 00:35.43 Antwerpen 15/03/2026
	5 0 M		
PB	00:35.43		
	00:35.43		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+			Heat:8, starttime: 09:34
Heat: 8/8 Lane : 3 Athlete: VAN DEN BREMT SARAH			Q-time: 00:33:12
PB (50m pool): 00:33.12 Antwerpen 08/03/2026			PB (25m pool): 00:32.69 SB: 00:33.12 Antwerpen 08/03/2026
	5 0 M		
PB	00:33.12		
	00:33.12		
			

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 11+			Heat:3, starttime: 09:39
Heat: 3/5 Lane : 1 Athlete: MAES JORDY			Q-time: 00:36:21
PB (50m pool): 00:36.21 Lochristi 01/02/2026			PB (25m pool): 00:34.69 SB: 00:36.21 Lochristi 01/02/2026
	5 0 M		
PB	00:36.21		
	00:36.21		
			

Coach feedback:

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Event number: 4: 50M BACKSTROKE MEN 11+						Heat:3, starttime: 09:39	
Heat: 3/5 Lane : 3 Athlete: POPPE WARRE						Q-time: 00:32:02	
PB (50m pool): 00:32.02 Gent 08/02/2026				PB (25m pool): 00:35.40 SB: 00:32.02 Gent 08/02/2026			
	5 0 M						
PB	00:32.02						
	00:32.02						
							

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 11+						Heat:4, starttime: 09:41	
Heat: 4/5 Lane : 6 Athlete: VAN DE WINKEL MILAN					Q-time: 00:32:32		
PB (50m pool): 00:32.32 Antwerpen 15/03/2026						PB (25m pool): 00:32.52 SB: 00:32.32 Antwerpen 15/03/2026	
	5 0 M						
PB	00:32.32						
	00:32.32						
							

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 11+						Heat:5, starttime: 09:43	
Heat: 5/5 Lane : 6 Athlete: VERHULST MEINDERT						Q-time: 00:32:32	
PB (50m pool): no time				PB (25m pool): 00:32.32 SB: no time			
	5 0 M						
PB	no time						
	no time						
							

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+				Heat:3, starttime: 10:15	
Heat: 3/4 Lane : 3 Athlete: HEYLEN ROOS				Q-time: 02:46:36	
PB (50m pool): 02:46.36 Lochristi 01/02/2026				PB (25m pool): 02:46.31 SB: 02:46.36 Lochristi 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:20.46	no time	02:46.36	
	no time				
					

Coach feedback:

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Event number: 7: 200M FREESTYLE WOMEN 11+					Heat:4, starttime: 10:18	
Heat: 4/4 Lane : 3 Athlete: VAN DE WINKEL LOLA					Q-time: 02:22:99	
PB (50m pool): 02:32.36 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:22.99SB: 02:32.38 Charleroi 11/01/2026						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:35.89	01:15.64	01:54.77	02:32.36		
	00:35.89	00:39.75	00:39.13	00:37.59		
						

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+						Heat:2, starttime: 10:26	
Heat: 2/4 Lane : 1 Athlete: BOEL ELIAS						Q-time: 02:37:63	
PB (50m pool): 02:37.63 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:35.98 SB: 02:37.63 Sportoase De Watermolen 29/03/2026							
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M			
PB	00:35.64	01:15.86	01:57.52	02:37.63			
	00:35.64	00:40.22	00:41.66	00:40.11			
							

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:3, starttime: 10:29
Heat: 3/4 Lane : 5 Athlete: BOONE FELIX					Q-time: 02:15:71
PB (50m pool): 02:21.14 Lochristi 01/02/2026					PB (25m pool): 02:15.71 SB: 02:21.14 Lochristi 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:07.26	no time	02:21.14	
	no time				
					

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+					Heat:4, starttime: 10:48	
Heat: 4/4 Lane : 1 Athlete: VANDER MIJNSBRUGGE LORE					Q-time: 02:53:08	
PB (50m pool): 02:53.08 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:52.46 SB: 02:53.08 Sportoase De Watermolen 29/03/2026						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:36.05	01:17.60	02:15.45	02:53.08		
	00:36.05	00:41.55	00:57.85	00:37.63		
						

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 10: 200M MEDLEY MEN 11+					Heat:2, starttime: 10:56	
Heat: 2/3 Lane : 5 Athlete: MAES JORDY					Q-time: 02:46:80	
PB (50m pool): 02:46.80 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:45.45SB: 02:46.80 Sportoase De Watermolen 29/03/2026						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:35.09	01:13.87	02:08.13	02:46.80		
	00:35.09	00:38.78	00:54.26	00:38.67		
						

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+							Heat:2, starttime: 10:56		
Heat: 2/3 Lane : 6 Athlete: SCHEPERS RUBEN							Q-time: 02:53:38		
PB (50m pool): 02:53.38 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:51.95SB: 02:53.38 Sportoase De Watermolen 29/03/2026									
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M					
PB	00:36.24	01:19.10	02:12.10	02:53.38					
	00:36.24	00:42.86	00:53.00	00:41.28					
									

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+					Heat:3, starttime: 11:01
Heat: 3/3 Lane : 7 Athlete: VAN DEN BREMT MATHIAS				Q-time: 02:28:48	
PB (50m pool): 02:32.54 Gent 08/02/2026					

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+					Heat:3, starttime: 11:01	
Heat: 3/3 Lane : 8 Athlete: DE COCK MATZ					Q-time: 02:35:47	
PB (50m pool): 02:35.47 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:40.32SB: 02:35.47 Sportoase De Watermolen 29/03/2026						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:33.46	01:15.04	02:00.94	02:35.47		
	00:33.46	00:41.58	00:45.90	00:34.53		
						

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 13: 200M BACKSTROKE WOMEN 11+					Heat:2, starttime: 11:13
Heat: 2/2 Lane : 6 Athlete: VAN DEN BREMT SARAH					Q-time: 02:33:94
PB (50m pool): 02:33.94 Antwerpen 27/07/2025					PB (25m pool): 02:27.19 SB: 02:36.29 Lochristi 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.72	01:15.50	01:55.72	02:33.94	
	00:35.72	00:39.78	00:40.22	00:38.22	
					

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 11:30
Heat: 4/5 Lane : 2 Athlete: DEBAETS ELIEN					Q-time: 00:43:27
PB (50m pool): 00:43.27 Lochristi 01/02/2026					PB (25m pool): 00:41.35 SB: 00:43.27 Lochristi 01/02/2026
	5 0 M				
PB	00:43.27				
	00:43.27				
					

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 11:31
Heat: 5/5 Lane : 3 Athlete: VAN DE WINKEL LOLA					Q-time: 00:38:95
PB (50m pool): 00:38.95 Antwerpen 08/03/2026					PB (25m pool): 00:37.88 SB: 00:38.95 Antwerpen 08/03/2026
	5 0 M				
PB	00:38.95				
	00:38.95				
					

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 11:31
Heat: 5/5 Lane : 5 Athlete: CORNELIS ENID					Q-time: 00:37:45
PB (50m pool): 00:36.01 Antwerp 19/01/2020					PB (25m pool): 00:35.10 SB: 00:37.45 Antwerpen 22/03/2026
	5 0 M				
PB	00:36.01				
	00:36.01				
					

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 16: 50M BREASTSTROKE MEN 11+			Heat:3, starttime: 11:36
Heat: 3/5 Lane : 4 Athlete: VERHULST LENNERT			Q-time: 00:31:31
PB (50m pool): 00:31.31 Sportoase De Watermolen 29/03/2026 PB (25m pool): 00:30.19SB: 00:31.31 Sportoase De Watermolen 29/03/2026			
	5 0 M		
PB	00:31.31		
	00:31.31		
			

Coach feedback:

Event number: 16: 50M BREASTSTROKE MEN 11+			Heat:4, starttime: 11:37
Heat: 4/5 Lane : 7 Athlete: BOONE FELIX			Q-time: 00:40:57
PB (50m pool): 00:40.57 Sportoase De Watermolen 29/03/2026 PB (25m pool): 00:43.10SB: 00:40.57 Sportoase De Watermolen 29/03/2026			
	5 0 M		
PB	00:40.57		
	00:40.57		
			

Coach feedback:

Event number: 16: 50M BREASTSTROKE MEN 11+			Heat:5, starttime: 11:39
Heat: 5/5 Lane : 5 Athlete: VERHULST MEINDERT			Q-time: 00:32:54
PB (50m pool): 00:32.54 Antwerpen 08/03/2026 PB (25m pool): 00:32.29SB: 00:32.54 Antwerpen 08/03/2026			
	5 0 M		
PB	00:32.54		
	00:32.54		
			

Coach feedback:

Event number: 16: 50M BREASTSTROKE MEN 11+			Heat:5, starttime: 11:39
Heat: 5/5 Lane : 6 Athlete: POPPE WARRE			Q-time: 00:36:16
PB (50m pool): 00:36.16 Lochristi 01/02/2026 PB (25m pool): 00:34.81SB: 00:36.16 Lochristi 01/02/2026			
	5 0 M		
PB	00:36.16		
	00:36.16		
			

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 17: 50M FREESTYLE WOMEN 11+										Heat:3, starttime: 11:43																				
Heat: 3/9 Lane : 6 Athlete: VANDERSTRAETEN HELENA																				Q-time: 00:35:25										
PB (50m pool): 00:35.25 LOCHRISTI 25/01/2026										PB (25m pool): 00:35.59SB: 00:35.25 LOCHRISTI 25/01/2026																				
	5 0 M																													
PB	00:35.25																													
	00:35.25																													
																														

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+										Heat:4, starttime: 11:45																			
Heat: 4/9 Lane : 4 Athlete: HEYLEN ROOS																				Q-time: 00:33:02									
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: 17: 50M FREESTYLE WOMEN 11+										Heat:5, starttime: 11:46																				
Heat: 5/9 Lane : 3 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: 00:32.29 Lochristi 01/02/2026																				
	5 0 M																													
PB	00:31.49																													
	00:31.49																													
																														

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+										Heat:9, starttime: 11:51																				
Heat: 9/9 Lane : 7 Athlete: VANDER MIJNSBRUGGE LORE																				Q-time: 00:30:35										
PB (50m pool): 00:30.35 Antwerpen 15/03/2026										PB (25m pool): 00:31.36 SB: 00:30.35 Antwerpen 15/03/2026																				
	5 0 M																													
PB	00:30.35																													
	00:30.35																													
																														

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 18: 50M FREESTYLE MEN 11+						Heat:3, starttime: 11:55	
Heat: 3/9 Lane : 2 Athlete: MAES JORDY						Q-time: 00:33:88	
PB (50m pool): 00:33.79 Aalst 30/04/2023						PB (25m pool): 00:33.80 SB: 00:33.88 Charleroi 11/01/2026	
	5 0 M						
PB	00:33.79						
	00:33.79						
							

Coach feedback:

Event number: 18: 50M FREESTYLE MEN 11+						Heat:3, starttime: 11:55	
Heat: 3/9 Lane : 4 Athlete: BOEL ELIAS						Q-time: 00:33:10	
PB (50m pool): 00:33.10 Antwerpen 15/03/2026						PB (25m pool): 00:33.86 SB: 00:33.10 Antwerpen 15/03/2026	
	5 0 M						
PB	00:33.10						
	00:33.10						
							

Coach feedback:

Event number: 18: 50M FREESTYLE MEN 11+						Heat:4, starttime: 11:57	
Heat: 4/9 Lane : 2 Athlete: SCHEPERS RUBEN						Q-time: 00:31:86	
PB (50m pool): 00:31.86 Antwerpen 15/03/2026						PB (25m pool): 00:33.90SB: 00:31.86 Antwerpen 15/03/2026	
	5 0 M						
PB	00:31.86						
	00:31.86						
							

Coach feedback:

Event number: 18: 50M FREESTYLE MEN 11+						Heat:6, starttime: 11:59	
Heat: 6/9 Lane : 6 Athlete: VAN DE WINKEL MILAN						Q-time: 00:28:68	
PB (50m pool): 00:28.68 Antwerpen 15/03/2026						PB (25m pool): 00:28.92 SB: 00:28.68 Antwerpen 15/03/2026	
	5 0 M						
PB	00:28.68						
	00:28.68						
							

Coach feedback:

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Event number: 18: 50M FREESTYLE MEN 11+										Heat:6, starttime: 11:59																				
Heat: 6/9 Lane : 8 Athlete: DE COCK MATZ																				Q-time: 00:29:11										
PB (50m pool): 00:29.11 Antwerpen 15/03/2026										PB (25m pool): 00:30.34 SB: 00:29.11 Antwerpen 15/03/2026																				
	5 0 M																													
PB	00:29.11																													
	00:29.11																													
																														

Coach feedback: