

Memorial H Braeckman: Session: 2: COACH evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 19: 50M BREASTSTROKE MIXED 10-9 Heat:1, starttime: 14:00

Heat: 1/1 Lane : 2 Athlete: SCHEPERS ARNE Q-time: 99:99:99

PB (50m pool): no time PB (25m pool): no time SB: no time

	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 19: 50M BREASTSTROKE MIXED 10-9 Heat:1, starttime: 14:00

Heat: 1/1 Lane : 3 Athlete: MEEUS JANNE Q-time: 99:99:99

PB (50m pool): no time PB (25m pool): no time SB: no time

	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+ Heat:1, starttime: 14:16

Heat: 1/9 Lane : 4 Athlete: CORNELIS ENID Q-time: 99:99:99

PB (50m pool): 01:10.96 ANTWERPEN 30/07/2023 PB (25m pool): 01:07.75 SB: no time

	5 0 M	1 0 0 M	
PB	no time	01:10.96	
	no time		
			

Coach feedback:

Memorial H Braeckman: Session: 2: COACH evaluation sheet for TEAM: AZL

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 14:18
Heat: 2/9 Lane : 4 Athlete: VANDERSTRAETEN HELENA			Q-time: 01:40:55
PB (50m pool): 01:40.55 Antwerpen 13/07/2025			PB (25m pool): 01:39.53 SB: 01:42.95 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:50.30	01:40.55	
	00:50.30	00:50.25	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 14:24
Heat: 4/9 Lane : 4 Athlete: DEBAETS ELIEN			Q-time: 01:28:25
PB (50m pool): 01:28.25 LOCHRISTI 25/01/2026			PB (25m pool): 01:26.87 SB: 01:28.25 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:28.25	
	no time		
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 14:26
Heat: 5/9 Lane : 8 Athlete: HEYLEN ROOS			Q-time: 01:27:82
PB (50m pool): 01:27.82 Antwerpen 15/03/2026			PB (25m pool): 01:27.59 SB: 01:27.82 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:43.54	01:27.82	
	00:43.54	00:44.28	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 14:29
Heat: 6/9 Lane : 3 Athlete: DEN TANDT AMBER			Q-time: 01:21:66
PB (50m pool): 01:20.89 Antwerpen 14/07/2024			PB (25m pool): 01:16.77 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:20.89	
	no time		
			

Coach feedback:

Memorial H Braeckman: Session: 2: COACH evaluation sheet for TEAM: AZL

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:9, starttime: 14:36
Heat: 9/9 Lane : 2 Athlete: VAN DEN BREMT SARAH			Q-time: 01:12:19
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: 23: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 14:49
Heat: 5/7 Lane : 6 Athlete: MAES JORDY			Q-time: 01:14:03
PB (50m pool): 01:14.03 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:13.19 SB: 01:14.03 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:35.69	01:14.03	
	00:35.69	00:38.34	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 14:51
Heat: 6/7 Lane : 2 Athlete: POPPE WARRE			Q-time: 01:08:68
PB (50m pool): 01:08.68 Antwerpen 15/03/2026			PB (25m pool): 01:09.55 SB: 01:08.68 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.33	01:08.68	
	00:33.33	00:35.35	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 14:51
Heat: 6/7 Lane : 3 Athlete: VAN DE WINKEL MILAN			Q-time: 01:08:54
PB (50m pool): 01:12.04 Lochristi 01/02/2026			PB (25m pool): 01:08.54 SB: 01:12.04 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:12.04	
	no time		
			

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+							Heat:6, starttime: 14:51	
Heat: 6/7 Lane : 6 Athlete: VERHULST LENNERT							Q-time: 01:08:57	
PB (50m pool): 01:46.55 WACHTEBEKE 01/12/2019							PB (25m pool): 01:08.57 SB: no time	
	5 0 M	1 0 0 M						
PB	no time	01:46.55						
	<i>no time</i>							
								

Coach feedback:

Event number: 24: 400M MEDLEY WOMEN 15+							Heat:1, starttime: 14:55	
Heat: 1/1 Lane : 4 Athlete: VAN DEN BREMT SARAH							Q-time: 05:24:01	
PB (50m pool): 05:24.01 Antwerpen 27/07/2025							PB (25m pool): 05:20.62 SB: 05:27.89 Lochristi 01/02/2026	
	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	00:34.16	01:14.26	01:56.66	02:37.61	03:24.56	04:12.00	04:50.02	05:24.01
	00:34.16	00:40.10	00:42.40	00:40.95	00:46.95	00:47.44	00:38.02	00:33.99
								

Coach feedback:

Event number: 25: 400M MEDLEY MEN 15+							Heat:1, starttime: 15:03	
Heat: 1/1 Lane : 4 Athlete: VERHULST MEINDERT							Q-time: 05:22:16	
PB (50m pool): no time							PB (25m pool): 05:22.16 SB: no time	
	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	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 27: 400M FREESTYLE MEN 15+							Heat:1, starttime: 15:16	
Heat: 1/1 Lane : 3 Athlete: VAN DEN BREMT MATHIAS							Q-time: 04:37:74	
PB (50m pool): 04:41.30 Antwerpen 20/07/2025							PB (25m pool): 04:37.74 SB: no time	
	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	00:31.43	01:06.39	01:41.53	02:17.38	02:53.11	03:29.71	04:05.84	04:41.30
	00:31.43	00:34.96	00:35.14	00:35.85	00:35.73	00:36.60	00:36.13	00:35.46
								

Coach feedback:

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Event number: 28: 50M FREESTYLE MIXED 10-9			Heat:1, starttime: 15:22
Heat: 1/1 Lane : 4 Athlete: MEEUS JANNE			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 28: 50M FREESTYLE MIXED 10-9			Heat:1, starttime: 15:22
Heat: 1/1 Lane : 6 Athlete: SCHEPERS ARNE			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 29: 100M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 15:24
Heat: 1/4 Lane : 1 Athlete: CORNELIS ENID			Q-time: 99:99:99
PB (50m pool): 01:17.80 ANTWERPEN 30/07/2023 PB (25m pool): 01:14.79 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:17.80	
	no time		
			

Coach feedback:

Event number: 29: 100M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 15:24
Heat: 1/4 Lane : 3 Athlete: VANDERSTRAETEN HELENA			Q-time: 01:51:82
PB (50m pool): 01:51.82 Antwerpen 15/03/2026 PB (25m pool): 01:49.44 SB: 01:51.82 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:51.99	01:51.82	
	00:51.99	00:59.83	
			

Coach feedback:

Memorial H Braeckman: Session: 2: COACH evaluation sheet for TEAM: AZL

Event number: 29: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 15:29
Heat: 3/4 Lane : 2 Athlete: DEBAETS ELIEN			Q-time: 01:33:23
PB (50m pool): 01:33.23 Lochristi 01/02/2026			PB (25m pool): 01:32.64 SB: 01:33.23 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:33.23	
	no time		
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 15:36
Heat: 2/5 Lane : 3 Athlete: BOEL ELIAS			Q-time: 01:32:41
PB (50m pool): 01:32.41 Antwerpen 15/03/2026			PB (25m pool): 01:32.48 SB: 01:32.41 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:43.92	01:32.41	
	00:43.92	00:48.49	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 15:58
Heat: 7/11 Lane : 4 Athlete: VAN DE WINKEL LOLA			Q-time: 01:07:72
PB (50m pool): 01:07.72 Gent 08/02/2026			PB (25m pool): 01:06.16 SB: 01:07.72 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:33.50	01:07.72	
	00:33.50	00:34.22	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 15:58
Heat: 7/11 Lane : 5 Athlete: VANDER MIJNSBRUGGE LORE			Q-time: 01:07:83
PB (50m pool): 01:07.83 Antwerpen 15/03/2026			PB (25m pool): 01:07.16 SB: 01:07.83 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.49	01:07.83	
	00:32.49	00:35.34	
			

Coach feedback:

Memorial H Braeckman: Session: 2: COACH evaluation sheet for TEAM: AZL

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 15:58
Heat: 7/11 Lane : 8 Athlete: DEN TANDT AMBER			Q-time: 01:09:61
PB (50m pool): 01:08.94 Antwerpen 14/07/2024			PB (25m pool): 01:08.24 SB: 01:11.06 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:08.94	
	no time		
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:4, starttime: 16:13
Heat: 4/10 Lane : 2 Athlete: SCHEPERS RUBEN			Q-time: 01:09:49
PB (50m pool): 01:12.25 Antwerpen 15/03/2026			PB (25m pool): 01:09.49 SB: 01:12.25 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.32	01:12.25	
	00:34.32	00:37.93	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:7, starttime: 16:19
Heat: 7/10 Lane : 1 Athlete: BOONE FELIX			Q-time: 01:03:39
PB (50m pool): 01:03.39 LOCHRISTI 25/01/2026			PB (25m pool): 01:01.95 SB: 01:03.39 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:03.39	
	no time		
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:7, starttime: 16:19
Heat: 7/10 Lane : 2 Athlete: DE COCK MATZ			Q-time: 01:03:18
PB (50m pool): 01:03.18 Antwerpen 15/03/2026			PB (25m pool): 01:05.67 SB: 01:03.18 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:30.23	01:03.18	
	00:30.23	00:32.95	
			

Coach feedback:

Memorial H Braeckman: Session: 2: COACH evaluation sheet for TEAM: AZL

Event number: 32: 100M FREESTYLE MEN 11+			Heat:7, starttime: 16:19
Heat: 7/10 Lane : 3 Athlete: VAN DEN BREMT MATHIAS			Q-time: 01:02:94
PB (50m pool): 01:02.94 Aalst 28/06/2025			PB (25m pool): 00:59.75 SB: 01:03.10 Charleroi 11/01/2026
	5 0 M	1 0 0 M	
PB	00:30.43	01:02.94	
	00:30.43	00:32.51	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:7, starttime: 16:19
Heat: 7/10 Lane : 5 Athlete: VAN DE WINKEL MILAN			Q-time: 01:02:69
PB (50m pool): 01:02.69 Antwerpen 15/03/2026			PB (25m pool): 01:00.54 SB: 01:02.69 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:30.15	01:02.69	
	00:30.15	00:32.54	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:8, starttime: 16:20
Heat: 8/10 Lane : 2 Athlete: POPPE WARRE			Q-time: 01:00:52
PB (50m pool): 01:00.52 Gent 08/02/2026			PB (25m pool): 00:59.81 SB: 01:00.52 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:29.40	01:00.52	
	00:29.40	00:31.12	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:8, starttime: 16:20
Heat: 8/10 Lane : 5 Athlete: VERHULST MEINDERT			Q-time: 00:59:96
PB (50m pool): 00:59.96 Antwerpen 08/03/2026			PB (25m pool): 00:58.48 SB: 00:59.96 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:28.90	00:59.96	
	00:28.90	00:31.06	
			

Coach feedback:

Memorial H Braeckman: Session: 2: COACH evaluation sheet for TEAM: AZL

Event number: 32: 100M FREESTYLE MEN 11+			Heat:9, starttime: 16:22
Heat: 9/10 Lane : 8 Athlete: VERHULST LENNERT			Q-time: 00:59:46
PB (50m pool): 00:58.25 Antwerpen 14/07/2024			PB (25m pool): 00:57.07 SB: 01:19.46 Sportoase De Watermolen 29/03/2024
	5 0 M	1 0 0 M	
PB	no time	00:58.25	
	no time		
			

Coach feedback: