

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

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

Coaches: Januarius Elke

Coaches: Leemans Mats

Coaches: Vekeman Christophe

Coaches: Mens Jennifer

Coaches: Januarius Bart

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

| Event number: 20: 100M BUTTERFLY WOMEN 11+   |           |           | Heat:2, starttime: 14:04                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 2/2 Lane : 5 Athlete: AELEN BENTE      |           |           | Q-time: 01:10:94                                          |
| PB (50m pool): 01:10.94 Antwerpen 08/03/2026 |           |           | PB (25m pool): 01:12.85 SB: 01:10.94 Antwerpen 08/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:33.10  | 01:10.94  |                                                           |
|                                              | 00:33.10  | 00:37.84  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 20: 100M BUTTERFLY WOMEN 11+             |           |           | Heat:2, starttime: 14:04                                  |
|--------------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 2/2 Lane : 6 Athlete: LOUCKX CÉLIE               |           |           | Q-time: 01:13:35                                          |
| PB (50m pool): 01:15.18 Woluwe-Saint-Pierre 29/03/2025 |           |           | PB (25m pool): 01:13.35 SB: 01:17.65 Antwerpen 19/04/2026 |
|                                                        | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                                     | no time   | 01:15.18  |                                                           |
|                                                        | no time   |           |                                                           |
|                                                        | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 21: 100M BUTTERFLY MEN 11+     |           |           | Heat:1, starttime: 14:07                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 1/4 Lane : 5 Athlete: DE HAES TIBO     |           |           | Q-time: 99:99:99                                          |
| PB (50m pool): 01:12.80 Antwerpen 19/04/2026 |           |           | PB (25m pool): 01:15.17 SB: 01:12.80 Antwerpen 19/04/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:32.42  | 01:12.80  |                                                           |
|                                              | 00:32.42  | 00:40.38  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

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

| Event number: 21: 100M BUTTERFLY MEN 11+     |           |           | Heat:2, starttime: 14:09                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 2/4 Lane : 5 Athlete: BAS GASTON       |           |           | Q-time: 01:18:08                                          |
| PB (50m pool): 01:18.79 Antwerpen 15/03/2026 |           |           | PB (25m pool): 01:18.08 SB: 01:18.79 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:35.82  | 01:18.79  |                                                           |
|                                              | 00:35.82  | 00:42.97  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 21: 100M BUTTERFLY MEN 11+     |           |           | Heat:3, starttime: 14:11                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 3/4 Lane : 6 Athlete: VEKEMAN KWINTE   |           |           | Q-time: 01:10:86                                          |
| PB (50m pool): 01:12.45 Antwerpen 15/03/2026 |           |           | PB (25m pool): 01:10.86 SB: 01:12.45 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:33.48  | 01:12.45  |                                                           |
|                                              | 00:33.48  | 00:38.97  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 22: 100M BACKSTROKE WOMEN 11+   |           |           | Heat:6, starttime: 14:29                                  |
|-----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 6/9 Lane : 8 Athlete: MECHROUBI YASMINA |           |           | Q-time: 01:23:35                                          |
| PB (50m pool): 01:24.74 Antwerpen 19/04/2026  |           |           | PB (25m pool): 01:23.35 SB: 01:24.74 Antwerpen 19/04/2026 |
|                                               | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                            | 00:40.70  | 01:24.74  |                                                           |
|                                               | 00:40.70  | 00:44.04  |                                                           |
|                                               | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 23: 100M BACKSTROKE MEN 11+    |           |           | Heat:2, starttime: 14:41            |
|----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 2/7 Lane : 1 Athlete: DOBBELEIRE NIELS |           |           | Q-time: 01:34:53                    |
| PB (50m pool): 01:41.18 Antwerpen 13/07/2025 |           |           | PB (25m pool): 01:34.53 SB: no time |
|                                              | 5 0 M     | 1 0 0 M   |                                     |
| PB                                           | 00:51.23  | 01:41.18  |                                     |
|                                              | 00:51.23  | 00:49.95  |                                     |
|                                              | . . . . . | . . . . . |                                     |

Coach feedback:

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

| Event number: 23: 100M BACKSTROKE MEN 11+    |           |           | Heat:4, starttime: 14:46                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 4/7 Lane : 7 Athlete: WIELEMAN ROBBE   |           |           | Q-time: 01:19:01                                          |
| PB (50m pool): 01:21.15 Antwerpen 19/04/2026 |           |           | PB (25m pool): 01:19.01 SB: 01:21.15 Antwerpen 19/04/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:39.43  | 01:21.15  |                                                           |
|                                              | 00:39.43  | 00:41.72  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 23: 100M BACKSTROKE MEN 11+     |           |           | Heat:4, starttime: 14:46                                  |
|-----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 4/7 Lane : 8 Athlete: VANDERGUCHT JONAS |           |           | Q-time: 01:20:50                                          |
| PB (50m pool): 01:21.39 Antwerpen 15/03/2026  |           |           | PB (25m pool): 01:20.50 SB: 01:21.39 Antwerpen 15/03/2026 |
|                                               | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                            | 00:39.04  | 01:21.39  |                                                           |
|                                               | 00:39.04  | 00:42.35  |                                                           |
|                                               | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 23: 100M BACKSTROKE MEN 11+    |           |           | Heat:5, starttime: 14:49                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 5/7 Lane : 4 Athlete: LESCRAUWAET MAX  |           |           | Q-time: 01:10:90                                          |
| PB (50m pool): 01:13.23 Antwerpen 08/03/2026 |           |           | PB (25m pool): 01:10.90 SB: 01:13.23 Antwerpen 08/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:35.73  | 01:13.23  |                                                           |
|                                              | 00:35.73  | 00:37.50  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 23: 100M BACKSTROKE MEN 11+     |           |           | Heat:6, starttime: 14:51                                  |
|-----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 6/7 Lane : 4 Athlete: VANOLANDE THIBAUT |           |           | Q-time: 01:06:10                                          |
| PB (50m pool): 01:09.25 Antwerpen 08/03/2026  |           |           | PB (25m pool): 01:06.10 SB: 01:09.25 Antwerpen 08/03/2026 |
|                                               | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                            | 00:33.31  | 01:09.25  |                                                           |
|                                               | 00:33.31  | 00:35.94  |                                                           |
|                                               | . . . . . | . . . . . |                                                           |

Coach feedback:

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

| Event number: 23: 100M BACKSTROKE MEN 11+        |           |  |           |  |  |  | Heat:6, starttime: 14:51                                     |  |  |
|--------------------------------------------------|-----------|--|-----------|--|--|--|--------------------------------------------------------------|--|--|
| Heat: 6/7    Lane : 5    Athlete: SMISMANS KAMIL |           |  |           |  |  |  | Q-time: 01:08:40                                             |  |  |
| PB (50m pool): 01:10.02    Antwerpen 15/03/2026  |           |  |           |  |  |  | PB (25m pool): 01:07.70 SB: 01:10.02    Antwerpen 15/03/2026 |  |  |
|                                                  | 5 0 M     |  | 1 0 0 M   |  |  |  |                                                              |  |  |
| PB                                               | 00:33.70  |  | 01:10.02  |  |  |  |                                                              |  |  |
|                                                  | 00:33.70  |  | 00:36.32  |  |  |  |                                                              |  |  |
|                                                  | . . . . . |  | . . . . . |  |  |  |                                                              |  |  |

Coach feedback:

| Event number: 23: 100M BACKSTROKE MEN 11+          |           |  |           |  |  |  | Heat:7, starttime: 14:53                                        |  |  |
|----------------------------------------------------|-----------|--|-----------|--|--|--|-----------------------------------------------------------------|--|--|
| Heat: 7/7    Lane : 4    Athlete: THIéBAUT NOAH    |           |  |           |  |  |  | Q-time: 00:57:25                                                |  |  |
| PB (50m pool): 00:58.39    Antwerpen    27/07/2025 |           |  |           |  |  |  | PB (25m pool): 00:57.25 SB: 01:00.62    Antwerpen    19/04/2026 |  |  |
|                                                    | 5 0 M     |  | 1 0 0 M   |  |  |  |                                                                 |  |  |
| PB                                                 | 00:28.46  |  | 00:58.39  |  |  |  |                                                                 |  |  |
|                                                    | 00:28.46  |  | 00:29.93  |  |  |  |                                                                 |  |  |
|                                                    | . . . . . |  | . . . . . |  |  |  |                                                                 |  |  |

Coach feedback:

| Event number: 24: 400M MEDLEY WOMEN 15+     |          |          |          |          | Heat:1, starttime: 14:55            |          |          |          |
|---------------------------------------------|----------|----------|----------|----------|-------------------------------------|----------|----------|----------|
| Heat: 1/1 Lane : 6 Athlete: GHISLAIN EMILIE |          |          |          |          | Q-time: 06:10:73                    |          |          |          |
| PB (50m pool): 06:10.73 MOUSCRON 29/05/2025 |          |          |          |          | PB (25m pool): 06:07.57 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                                          | 00:39.54 | 01:27.30 | 02:16.58 | 03:02.93 | 03:54.02                            | 04:46.50 | 05:29.35 | 06:10.73 |
|                                             | 00:39.54 | 00:47.76 | 00:49.28 | 00:46.35 | 00:51.09                            | 00:52.48 | 00:42.85 | 00:41.38 |
|                                             | .....    | .....    | .....    | .....    | .....                               | .....    | .....    | .....    |

Coach feedback:

| Event number: 30: 100M BREASTSTROKE MEN 11+     |           |  |           |  |  |  | Heat:2, starttime: 15:36                                    |  |  |
|-------------------------------------------------|-----------|--|-----------|--|--|--|-------------------------------------------------------------|--|--|
| Heat: 2/5    Lane : 6    Athlete: SAADEH NAYIM  |           |  |           |  |  |  | Q-time: 01:32:45                                            |  |  |
| PB (50m pool): 01:30.13    Antwerpen 19/04/2026 |           |  |           |  |  |  | PB (25m pool): 01:32.59SB: 01:30.13    Antwerpen 19/04/2026 |  |  |
|                                                 | 5 0 M     |  | 1 0 0 M   |  |  |  |                                                             |  |  |
| PB                                              | 00:42.74  |  | 01:30.13  |  |  |  |                                                             |  |  |
|                                                 | 00:42.74  |  | 00:47.39  |  |  |  |                                                             |  |  |
|                                                 | . . . . . |  | . . . . . |  |  |  |                                                             |  |  |

Coach feedback:

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

| Event number: 30: 100M BREASTSTROKE MEN 11+  |           |           | Heat:3, starttime: 15:39                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 3/5 Lane : 6 Athlete: PEETERS KOBE     |           |           | Q-time: 01:23:33                                          |
| PB (50m pool): 01:23.33 Molenbeek 01/02/2026 |           |           | PB (25m pool): 01:27.08 SB: 01:23.33 Molenbeek 01/02/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | no time   | 01:23.33  |                                                           |
|                                              | no time   |           |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 30: 100M BREASTSTROKE MEN 11+  |           |           | Heat:4, starttime: 15:41                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 4/5 Lane : 1 Athlete: VEKEMAN KWINTE   |           |           | Q-time: 01:20:57                                          |
| PB (50m pool): 01:21.72 Antwerpen 15/03/2026 |           |           | PB (25m pool): 01:20.57 SB: 01:21.72 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:38.45  | 01:21.72  |                                                           |
|                                              | 00:38.45  | 00:43.27  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 30: 100M BREASTSTROKE MEN 11+  |           |           | Heat:4, starttime: 15:41                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 4/5 Lane : 4 Athlete: HALLET BRENT     |           |           | Q-time: 01:15:18                                          |
| PB (50m pool): 01:17.60 Molenbeek 01/02/2026 |           |           | PB (25m pool): 01:15.18 SB: 01:17.60 Molenbeek 01/02/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | no time   | 01:17.60  |                                                           |
|                                              | no time   |           |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 30: 100M BREASTSTROKE MEN 11+  |           |           | Heat:5, starttime: 15:43                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 5/5 Lane : 3 Athlete: CLEYMANS KARSTEN |           |           | Q-time: 01:05:22                                          |
| PB (50m pool): 01:07.04 Antwerpen 27/04/2025 |           |           | PB (25m pool): 01:05.22 SB: 01:07.71 Antwerpen 22/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:30.71  | 01:07.04  |                                                           |
|                                              | 00:30.71  | 00:36.33  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

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

| Event number: 30: 100M BREASTSTROKE MEN 11+ |           |           | Heat:5, starttime: 15:43                                  |
|---------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 5/5 Lane : 5 Athlete: CLEYMANS TORBEN |           |           | Q-time: 01:02:17                                          |
| PB (50m pool): 01:04.94 Antwerp 09/02/2025  |           |           | PB (25m pool): 01:02.17 SB: 01:05.17 Antwerpen 19/04/2026 |
|                                             | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                          | 00:29.47  | 01:04.94  |                                                           |
|                                             | 00:29.47  | 00:35.47  |                                                           |
|                                             | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 31: 100M FREESTYLE WOMEN 11+   |           |           | Heat:6, starttime: 15:56                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 6/11 Lane : 3 Athlete: LOUCKX CÉLIE    |           |           | Q-time: 01:10:68                                          |
| PB (50m pool): 01:12.08 Antwerpen 19/04/2026 |           |           | PB (25m pool): 01:10.44 SB: 01:12.08 Antwerpen 19/04/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:34.34  | 01:12.08  |                                                           |
|                                              | 00:34.34  | 00:37.74  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 31: 100M FREESTYLE WOMEN 11+   |           |           | Heat:7, starttime: 15:58                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 7/11 Lane : 3 Athlete: DHONDT ANNELIEN |           |           | Q-time: 01:07:93                                          |
| PB (50m pool): 01:06.68 Antwerpen 20/07/2025 |           |           | PB (25m pool): 01:06.13 SB: 01:07.93 Antwerpen 08/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:31.89  | 01:06.68  |                                                           |
|                                              | 00:31.89  | 00:34.79  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 31: 100M FREESTYLE WOMEN 11+   |           |           | Heat:8, starttime: 16:00                             |
|----------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 8/11 Lane : 7 Athlete: HEYE MIRTHE     |           |           | Q-time: 01:07:60                                     |
| PB (50m pool): 01:08.70 Antwerpen 13/07/2025 |           |           | PB (25m pool): 01:07.60 SB: 01:09.07 Gent 08/02/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                      |
| PB                                           | 00:33.01  | 01:08.70  |                                                      |
|                                              | 00:33.01  | 00:35.69  |                                                      |
|                                              | . . . . . | . . . . . |                                                      |

Coach feedback:

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

| Event number: 31: 100M FREESTYLE WOMEN 11+   |           |           | Heat:9, starttime: 16:01                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 9/11 Lane : 1 Athlete: HENNEAU LOTTE   |           |           | Q-time: 01:07:11                                          |
| PB (50m pool): 01:09.16 Antwerpen 19/04/2026 |           |           | PB (25m pool): 01:07.11 SB: 01:09.16 Antwerpen 19/04/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:31.85  | 01:09.16  |                                                           |
|                                              | 00:31.85  | 00:37.31  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 31: 100M FREESTYLE WOMEN 11+   |           |           | Heat:10, starttime: 16:03                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 10/11 Lane : 3 Athlete: AELEN BENTE    |           |           | Q-time: 01:03:83                                          |
| PB (50m pool): 01:04.60 Antwerpen 08/03/2026 |           |           | PB (25m pool): 01:03.83 SB: 01:04.60 Antwerpen 08/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:31.41  | 01:04.60  |                                                           |
|                                              | 00:31.41  | 00:33.19  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 31: 100M FREESTYLE WOMEN 11+      |           |           | Heat:11, starttime: 16:05                                 |
|-------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 11/11 Lane : 4 Athlete: IANNINO VALENTINA |           |           | Q-time: 00:58:68                                          |
| PB (50m pool): 00:59.73 Antwerpen 08/03/2026    |           |           | PB (25m pool): 00:58.68 SB: 00:59.73 Antwerpen 08/03/2026 |
|                                                 | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                              | 00:28.56  | 00:59.73  |                                                           |
|                                                 | 00:28.56  | 00:31.17  |                                                           |
|                                                 | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 32: 100M FREESTYLE MEN 11+      |           |           | Heat:2, starttime: 16:09                                  |
|-----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 2/10 Lane : 4 Athlete: DOBBELEIRE NIELS |           |           | Q-time: 01:14:44                                          |
| PB (50m pool): 01:14.44 Antwerpen 15/03/2026  |           |           | PB (25m pool): 01:15.18 SB: 01:14.44 Antwerpen 15/03/2026 |
|                                               | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                            | 00:36.49  | 01:14.44  |                                                           |
|                                               | 00:36.49  | 00:37.95  |                                                           |
|                                               | . . . . . | . . . . . |                                                           |

Coach feedback:

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

| Event number: 32: 100M FREESTYLE MEN 11+     |           |           | Heat:4, starttime: 16:13                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 4/10 Lane : 1 Athlete: LOUCKX TIM      |           |           | Q-time: 01:09:90                                          |
| PB (50m pool): 01:12.20 Antwerpen 08/03/2026 |           |           | PB (25m pool): 01:09.90 SB: 01:12.20 Antwerpen 08/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:34.91  | 01:12.20  |                                                           |
|                                              | 00:34.91  | 00:37.29  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 32: 100M FREESTYLE MEN 11+     |           |           | Heat:4, starttime: 16:13                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 4/10 Lane : 8 Athlete: WIELEMAN ROBBE  |           |           | Q-time: 01:10:40                                          |
| PB (50m pool): 01:10.00 Antwerpen 19/04/2026 |           |           | PB (25m pool): 01:10.40 SB: 01:10.00 Antwerpen 19/04/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:33.28  | 01:10.00  |                                                           |
|                                              | 00:33.28  | 00:36.72  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 32: 100M FREESTYLE MEN 11+ |           |           | Heat:5, starttime: 16:15                             |
|------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 5/10 Lane : 3 Athlete: BAS GASTON  |           |           | Q-time: 01:05:28                                     |
| PB (50m pool): 01:07.58 Gent 08/02/2026  |           |           | PB (25m pool): 01:05.28 SB: 01:07.58 Gent 08/02/2026 |
|                                          | 5 0 M     | 1 0 0 M   |                                                      |
| PB                                       | 00:32.72  | 01:07.58  |                                                      |
|                                          | 00:32.72  | 00:34.86  |                                                      |
|                                          | . . . . . | . . . . . |                                                      |

Coach feedback:

| Event number: 32: 100M FREESTYLE MEN 11+       |           |           | Heat:5, starttime: 16:15                                  |
|------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 5/10 Lane : 4 Athlete: VANDERGUCHT JONAS |           |           | Q-time: 01:04:93                                          |
| PB (50m pool): 01:04.93 Antwerpen 15/03/2026   |           |           | PB (25m pool): 01:05.18 SB: 01:04.93 Antwerpen 15/03/2026 |
|                                                | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                             | 00:31.16  | 01:04.93  |                                                           |
|                                                | 00:31.16  | 00:33.77  |                                                           |
|                                                | . . . . . | . . . . . |                                                           |

Coach feedback:

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

| Event number: 32: 100M FREESTYLE MEN 11+     |           |           | Heat:6, starttime: 16:17                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 6/10 Lane : 6 Athlete: LESCRAUWAET MAX |           |           | Q-time: 01:04:06                                          |
| PB (50m pool): 01:05.40 Antwerpen 08/03/2026 |           |           | PB (25m pool): 01:04.06 SB: 01:05.40 Antwerpen 08/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:31.32  | 01:05.40  |                                                           |
|                                              | 00:31.32  | 00:34.08  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 32: 100M FREESTYLE MEN 11+     |           |           | Heat:8, starttime: 16:20                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 8/10 Lane : 3 Athlete: BAS BRIEK       |           |           | Q-time: 01:00:03                                          |
| PB (50m pool): 01:00.03 Antwerpen 15/03/2026 |           |           | PB (25m pool): 01:01.03 SB: 01:00.03 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:28.60  | 01:00.03  |                                                           |
|                                              | 00:28.60  | 00:31.43  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 32: 100M FREESTYLE MEN 11+     |           |           | Heat:9, starttime: 16:22                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 9/10 Lane : 1 Athlete: DE HAES TIBO    |           |           | Q-time: 00:59:31                                          |
| PB (50m pool): 00:59.31 Antwerpen 15/03/2026 |           |           | PB (25m pool): 01:00.19 SB: 00:59.31 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:28.29  | 00:59.31  |                                                           |
|                                              | 00:28.29  | 00:31.02  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 32: 100M FREESTYLE MEN 11+       |           |           | Heat:9, starttime: 16:22                                  |
|------------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 9/10 Lane : 2 Athlete: VANOLANDE THIBAUT |           |           | Q-time: 00:58:47                                          |
| PB (50m pool): 00:59.23 Antwerpen 08/03/2026   |           |           | PB (25m pool): 00:58.47 SB: 00:59.23 Antwerpen 08/03/2026 |
|                                                | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                             | 00:28.34  | 00:59.23  |                                                           |
|                                                | 00:28.34  | 00:30.89  |                                                           |
|                                                | . . . . . | . . . . . |                                                           |

Coach feedback:

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

|                                              |           |           |                                                           |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Event number: 32: 100M FREESTYLE MEN 11+     |           |           | Heat:10, starttime: 16:24                                 |
| Heat: 10/10 Lane : 2 Athlete: KENTIN SHANE   |           |           | Q-time: 00:56:16                                          |
| PB (50m pool): 00:59.14 Antwerpen 19/04/2026 |           |           | PB (25m pool): 00:56.16 SB: 00:59.14 Antwerpen 19/04/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:27.99  | 00:59.14  |                                                           |
|                                              | 00:27.99  | 00:31.15  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback: