

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

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

Coaches: Brugghemans Suzanne HEADCOACH

Coaches: Bosmans Fleur

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

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:2, starttime: 14:09
Heat: 2/4 Lane : 1 Athlete: LAUWENS FINN			Q-time: 01:42:41
PB (50m pool): 01:42.41 Antwerpen 13/07/2025			PB (25m pool): 01:34.43 SB: no time
	5 0 M	1 0 0 M	
PB	00:46.96	01:42.41	
	00:46.96	00:55.45	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 14:26
Heat: 5/9 Lane : 6 Athlete: DE SITTER KIRA			Q-time: 01:24:96
PB (50m pool): 01:24.96 Wezenberg 04/01/2026			PB (25m pool): 01:20.46 SB: 01:24.96 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:41.73	01:24.96	
	00:41.73	00:43.23	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 14:26
Heat: 5/9 Lane : 7 Athlete: SEGHERS MILLA			Q-time: 01:26:02
PB (50m pool): 01:26.02 Gent 08/02/2026			PB (25m pool): 01:24.69 SB: 01:26.02 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:42.14	01:26.02	
	00:42.14	00:43.88	
			

Coach feedback:

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Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 14:29
Heat: 6/9 Lane : 2 Athlete: REYNIERS FIEN			Q-time: 01:22:42
PB (50m pool): 01:22.42 Antwerpen 15/03/2026			PB (25m pool): 01:20.19 SB: 01:22.42 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.59	01:22.42	
	00:39.59	00:42.83	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:7, starttime: 14:31
Heat: 7/9 Lane : 4 Athlete: VAN HOOMISSEN CHELSEA			Q-time: 01:18:92
PB (50m pool): 01:18.92 Antwerpen 15/03/2026			PB (25m pool): 01:15.42 SB: 01:18.92 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.14	01:18.92	
	00:37.14	00:41.78	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 14:34
Heat: 8/9 Lane : 4 Athlete: VERSPECHT LIEN			Q-time: 01:15:36
PB (50m pool): 01:15.36 Wezenberg 03/01/2026			PB (25m pool): 01:10.87 SB: 01:15.36 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:35.79	01:15.36	
	00:35.79	00:39.57	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 14:46
Heat: 4/7 Lane : 1 Athlete: VAN DEN BRANDE LUCAS			Q-time: 01:19:16
PB (50m pool): 01:19.16 Antwerpen 15/03/2026			PB (25m pool): 01:17.14 SB: 01:19.16 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.20	01:19.16	
	00:38.20	00:40.96	
			

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+							Heat:4, starttime: 14:46			
Heat: 4/7 Lane : 3 Athlete: VAN LOON BAS							Q-time: 01:18:23			
PB (50m pool): 01:18.23 Wezenberg 03/01/2026				PB (25m pool): 01:12.54 SB: 01:18.23 Wezenberg 03/01/2026						
	5 0 M		1 0 0 M							
PB	00:37.55		01:18.23							
	00:37.55		00:40.68							
										

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 15+							Heat:1, starttime: 15:09	
Heat: 1/1 Lane : 7 Athlete: REYNIERS FIEN							Q-time: 05:32:86	
PB (50m pool): 05:32.86 Gent 08/02/2026				PB (25m pool): 05:25.73 SB: 05:32.86 Gent 08/02/2026				
	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	00:37.20	01:18.72	02:02.15	02:44.58	03:27.95	04:10.75	04:53.03	05:32.86
	00:37.20	00:41.52	00:43.43	00:42.43	00:43.37	00:42.80	00:42.28	00:39.83
								

Coach feedback:

Event number: 29: 100M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:26			
Heat: 2/4 Lane : 5 Athlete: DE TOLLENAERE LAURA							Q-time: 01:37:40			
PB (50m pool): 01:37.40 Gent 08/02/2026				PB (25m pool): 01:35.48 SB: 01:37.40 Gent 08/02/2026						
	5 0 M		1 0 0 M							
PB	00:44.87		01:37.40							
	00:44.87		00:52.53							
										

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11+							Heat:3, starttime: 15:39			
Heat: 3/5 Lane : 1 Athlete: DE ROOS KASPER							Q-time: 01:28:11			
PB (50m pool): 01:28.11 Antwerpen 08/03/2026				PB (25m pool): 01:29.22 SB: 01:28.11 Antwerpen 08/03/2026						
	5 0 M		1 0 0 M							
PB	00:41.67		01:28.11							
	00:41.67		00:46.44							
										

Coach feedback:

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Event number: 30: 100M BREASTSTROKE MEN 11+			Heat:4, starttime: 15:41
Heat: 4/5 Lane : 3 Athlete: BAKX WARRE			Q-time: 01:15:31
PB (50m pool): 01:14.78 Antwerpen 21/07/2024			PB (25m pool): 01:12.04 SB: 01:15.70 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	no time	01:14.78	
	no time		
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 15:54
Heat: 5/11 Lane : 6 Athlete: SEGHERS MILLA			Q-time: 01:12:74
PB (50m pool): 01:12.74 Molenbeek 01/02/2026			PB (25m pool): 01:12.91 SB: 01:12.74 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:12.74	
	no time		
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 15:56
Heat: 6/11 Lane : 6 Athlete: VERSPECHT KAAAT			Q-time: 01:11:06
PB (50m pool): 01:11.06 Antwerpen 15/03/2026			PB (25m pool): 01:09.61 SB: 01:11.06 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.76	01:11.06	
	00:33.76	00:37.30	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 16:00
Heat: 8/11 Lane : 2 Athlete: VAN HOOMISSEN CHELSEA			Q-time: 01:07:58
PB (50m pool): 01:07.58 Antwerpen 15/03/2026			PB (25m pool): 01:10.97 SB: 01:07.58 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.47	01:07.58	
	00:32.47	00:35.11	
			

Coach feedback:

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Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 16:00
Heat: 8/11 Lane : 3 Athlete: NUYTKENS MARIE			Q-time: 01:07:48
PB (50m pool): 01:07.48 Antwerpen 15/03/2026			PB (25m pool): 01:07.04 SB: 01:07.48 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.50	01:07.48	
	00:32.50	00:34.98	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 16:01
Heat: 9/11 Lane : 4 Athlete: VERSPECHT LIEN			Q-time: 01:05:65
PB (50m pool): 01:05.65 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:04.08 SB: 01:05.84 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:31.22	01:05.65	
	00:31.22	00:34.43	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:3, starttime: 16:11
Heat: 3/10 Lane : 3 Athlete: DE ROOS KASPER			Q-time: 01:11:62
PB (50m pool): 01:11.62 Antwerpen 08/03/2026			PB (25m pool): 01:10.96 SB: 01:11.62 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:33.71	01:11.62	
	00:33.71	00:37.91	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:8, starttime: 16:20
Heat: 8/10 Lane : 6 Athlete: BAKX WARRE			Q-time: 01:00:08
PB (50m pool): 01:00.08 Antwerpen 08/03/2026			PB (25m pool): 00:57.63 SB: 01:00.08 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:28.16	01:00.08	
	00:28.16	00:31.92	
			

Coach feedback:

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Event number: 32: 100M FREESTYLE MEN 11+			Heat:9, starttime: 16:22
Heat: 9/10 Lane : 7 Athlete: VAN LOON BAS			Q-time: 00:58:87
PB (50m pool): 00:58.87 Antwerpen 15/03/2026			PB (25m pool): 00:58.19 SB: 00:58.87 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:28.28	00:58.87	
	00:28.28	00:30.59	
			

Coach feedback: