

FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 07:30 untill 08:35. Teamleadmeeting @ The listed starttimes are indicative!

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

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:4, starttime: 08:53
Heat: 4/19 Lane : 8 Athlete: VANGENECHTEN MATTHIAS			Q-time: 01:50:25
PB (50m pool): 01:50.25 Antwerpen 15/03/2026			PB (25m pool): 01:44.62 SB: 01:50.25 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:54.74	01:50.25	
	00:54.74	00:55.51	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:18, starttime: 09:19
Heat: 18/19 Lane : 0 Athlete: VAN HOOFF COBE			Q-time: 01:13:04
PB (50m pool): 01:13.81 Antwerpen 08/03/2026			PB (25m pool): 01:11.01 SB: 01:13.81 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:34.38	01:13.81	
	00:34.38	00:39.43	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 09:25
Heat: 2/18 Lane : 1 Athlete: SMEETS LOU			Q-time: 01:59:86
PB (50m pool): 01:59.86 Antwerpen 15/03/2026			PB (25m pool): 01:54.72 SB: 01:59.86 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:56.74	01:59.86	
	00:56.74	01:03.12	
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 09:30
Heat: 4/18 Lane : 7 Athlete: VANMECHELEN KATO			Q-time: 01:47:60
PB (50m pool): 01:47.60 Antwerpen 15/03/2026			PB (25m pool): 01:46.26 SB: 01:47.60 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:52.39	01:47.60	
	00:52.39	00:55.21	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 09:35
Heat: 6/18 Lane : 8 Athlete: VANGENECHTEN ANNA			Q-time: 01:42:53
PB (50m pool): 01:42.53 Antwerpen 15/03/2026			PB (25m pool): 01:46.25 SB: 01:42.53 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:50.15	01:42.53	
	00:50.15	00:52.38	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 09:43
Heat: 10/18 Lane : 0 Athlete: KERCKHOFS WOUKE			Q-time: 01:34:75
PB (50m pool): 01:34.75 Antwerpen 15/03/2026			PB (25m pool): 01:30.53 SB: 01:34.75 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:46.65	01:34.75	
	00:46.65	00:48.10	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:13, starttime: 09:49
Heat: 13/18 Lane : 4 Athlete: KERCKHOFS NIENKE			Q-time: 01:28:74
PB (50m pool): 01:28.74 Antwerpen 13/07/2025			PB (25m pool): 01:24.09 SB: 01:29.65 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:42.21	01:28.74	
	00:42.21	00:46.53	
			

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+				Heat:7, starttime: 10:13
Heat: 7/14 Lane : 3 Athlete: VAN HOOFF COBE				Q-time: 01:13:41
PB (50m pool): 01:12.07 Antwerpen 21/07/2024				PB (25m pool): 01:09.29 SB: no time
	5 0 M	1 0 0 M		
PB	no time	01:12.07		
	no time			
				

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+				Heat:7, starttime: 10:13
Heat: 7/14 Lane : 5 Athlete: PROUVé VIKTOR				Q-time: 01:13:37
PB (50m pool): 01:13.37 Wezenberg 04/01/2026				PB (25m pool): 01:14.38 SB: 01:13.37 Wezenberg 04/01/2026
	5 0 M	1 0 0 M		
PB	00:33.21	01:13.37		
	00:33.21	00:40.16		
				

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+				Heat:11, starttime: 10:44
Heat: 11/11 Lane : 1 Athlete: VANDERLINDEN PAULIEN				Q-time: 01:11:15
PB (50m pool): 01:11.15 Antwerpen 20/07/2025				PB (25m pool): 01:09.16 SB: no time
	5 0 M	1 0 0 M		
PB	00:32.96	01:11.15		
	00:32.96	00:38.19		
				

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:2, starttime: 10:50
Heat: 2/12 Lane : 1 Athlete: VANGENECHTEN MATTHIAS					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 03:01.10 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:

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Event number: 5: 200M BACKSTROKE MEN 11+				Heat:10, starttime: 11:23	
Heat: 10/12 Lane : 1 Athlete: PROUVÉ VIKTOR				Q-time: 02:35:65	
PB (50m pool): 02:35.65 Antwerpen 08/03/2026				PB (25m pool): 02:30.84 SB: 02:35.65 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.60	01:16.53	01:56.79	02:35.65	
	00:36.60	00:39.93	00:40.26	00:38.86	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+				Heat:5, starttime: 11:52	
Heat: 5/16 Lane : 2 Athlete: VANGENECHTEN ANNA				Q-time: 03:41:33	
PB (50m pool): no time				PB (25m pool): 03:07.85 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: 6: 200M BACKSTROKE WOMEN 11+				Heat:5, starttime: 11:52	
Heat: 5/16 Lane : 4 Athlete: VANMECHELEN KATO				Q-time: 03:34:54	
PB (50m pool): no time				PB (25m pool): 03:11.80 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: 6: 200M BACKSTROKE WOMEN 11+				Heat:7, starttime: 12:01	
Heat: 7/16 Lane : 2 Athlete: SMEETS LOU				Q-time: 03:17:32	
PB (50m pool): no time				PB (25m pool): 03:17.32 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:

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Event number: 6: 200M BACKSTROKE WOMEN 11+				Heat:8, starttime: 12:05	
Heat: 8/16 Lane : 1 Athlete: KERCKHOFS WOUKE				Q-time: 03:11:06	
PB (50m pool): 03:11.06 Molenbeek 01/02/2026				PB (25m pool): 03:04.85 SB: 03:11.06 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:35.28	no time	03:11.06	
	no time				
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+				Heat:14, starttime: 12:27	
Heat: 14/16 Lane : 8 Athlete: KERCKHOFS NIENKE				Q-time: 02:42:15	
PB (50m pool): 02:42.15 Antwerpen 20/07/2025				PB (25m pool): 02:34.76 SB: 02:49.48 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.15	01:20.18	02:02.37	02:42.15	
	00:38.15	00:42.03	00:42.19	00:39.78	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+				Heat:15, starttime: 12:30	
Heat: 15/16 Lane : 5 Athlete: VANDERLINDEN PAULIEN				Q-time: 02:34:04	
PB (50m pool): 02:34.04 Antwerpen 20/07/2025				PB (25m pool): 02:28.01 SB: 02:36.29 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.54	01:16.35	01:55.70	02:34.04	
	00:36.54	00:39.81	00:39.35	00:38.34	
					

Coach feedback: