

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

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

Coaches: Pieters Jana

Coaches: Cannaerts Jens HEADCOACH

Coaches: Gullentops Axel

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

Event number: 3: 100M BUTTERFLY MEN 11+				Heat:2, starttime: 10:03
Heat: 2/14 Lane : 7 Athlete: DE CUYPER LENS				Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 01:04.06 SB: no time				
	5 0 M	1 0 0 M		
PB	no time	no time		
	no time			
				

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+				Heat:11, starttime: 10:44
Heat: 11/11 Lane : 7 Athlete: VAN LOOY ANKE				Q-time: 01:10:03
PB (50m pool): 01:10.03 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:10.86 SB: 01:10.43 Antwerpen 15/03/2026				
	5 0 M	1 0 0 M		
PB	no time	01:10.03		
	no time			
				

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+				Heat:3, starttime: 10:55
Heat: 3/12 Lane : 5 Athlete: DE CUYPER LENS				Q-time: 99:99:99
PB (50m pool): 02:26.97 Antwerpen 19/04/2026 PB (25m pool): 02:19.82 SB: 02:26.97 Antwerpen 19/04/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:33.20	01:10.20	01:49.05	02:26.97
	00:33.20	00:37.00	00:38.85	00:37.92
				

Coach feedback:

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Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:15, starttime: 12:30	
Heat: 15/16 Lane : 8 Athlete: VAN LOOY ANKE					Q-time: 02:37:73	
PB (50m pool): 02:37.73 Olympic Pool Wezenberg, Antwer 29/03/25PB (125m pool): 02:30.44 SB: 02:37.73 Olympic Pool Wezenberg, Antwer 29/03/25						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:36.70	01:16.53	01:57.73	02:37.73		
	00:36.70	00:39.83	00:41.20	00:40.00		
						

Coach feedback: