

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

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

Coaches: Mertens Wenke

Coaches: Fobelets Jos

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

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:5, starttime: 08:55
Heat: 5/19 Lane : 6 Athlete: VAN WAELDEREN KAREL			Q-time: 01:41:42
PB (50m pool): 01:41.42 Antwerpen 15/03/2026			PB (25m pool): 01:44.83 SB: 01:41.42 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:49.46	01:41.42	
	00:49.46	00:51.96	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:11, starttime: 09:07
Heat: 11/19 Lane : 7 Athlete: SLUYTS TIBE			Q-time: 01:23:35
PB (50m pool): 01:23.35 Antwerpen 13/07/2025			PB (25m pool): 01:17.12 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.19	01:23.35	
	00:39.19	00:44.16	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:12, starttime: 09:09
Heat: 12/19 Lane : 0 Athlete: GYULNAZARYAN MAX			Q-time: 01:22:61
PB (50m pool): 01:22.61 Wezenberg 01/02/2026			PB (25m pool): 01:17.47 SB: 01:22.61 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:39.19	01:22.61	
	00:39.19	00:43.42	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:12, starttime: 09:09
Heat: 12/19 Lane : 7 Athlete: SLUYTS JENNE			Q-time: 01:22:16
PB (50m pool): 01:22.16 Antwerpen 15/03/2026			PB (25m pool): 01:17.32 SB: 01:22.16 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.36	01:22.16	
	00:38.36	00:43.80	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:13, starttime: 09:10
Heat: 13/19 Lane : 8 Athlete: JANSSENS TALLE			Q-time: 01:20:52
PB (50m pool): 01:20.52 Wezenberg 01/02/2026			PB (25m pool): 01:19.88 SB: 01:20.52 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:38.90	01:20.52	
	00:38.90	00:41.62	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:19, starttime: 09:21
Heat: 19/19 Lane : 2 Athlete: VAN WAELDEREN THOMAS			Q-time: 01:09:13
PB (50m pool): 01:09.13 Antwerpen 22/03/2026			PB (25m pool): 01:07.65 SB: 01:09.13 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:32.07	01:09.13	
	00:32.07	00:37.06	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 09:45
Heat: 11/18 Lane : 0 Athlete: VERHEYEN LEONIE			Q-time: 01:33:35
PB (50m pool): 01:33.35 Antwerpen 15/03/2026			PB (25m pool): 01:28.91 SB: 01:33.35 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.41	01:33.35	
	00:44.41	00:48.94	
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:12, starttime: 09:47
Heat: 12/18 Lane : 2 Athlete: VAN AERSCHOT NEL			Q-time: 01:31:42
PB (50m pool): 01:31.42 Antwerpen 15/03/2026			PB (25m pool): 01:24.63 SB: 01:31.42 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.06	01:31.42	
	00:41.06	00:50.36	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:13, starttime: 09:49
Heat: 13/18 Lane : 5 Athlete: LEMMENS FEBE			Q-time: 01:29:42
PB (50m pool): 01:29.42 Antwerpen 15/03/2026			PB (25m pool): 01:23.32 SB: 01:29.42 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.85	01:29.42	
	00:41.85	00:47.57	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:15, starttime: 09:53
Heat: 15/18 Lane : 1 Athlete: VAN ROOSBROECK YUNA			Q-time: 01:25:47
PB (50m pool): 01:25.47 Antwerpen 15/03/2026			PB (25m pool): 01:24.30 SB: 01:25.47 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.76	01:25.47	
	00:39.76	00:45.71	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:16, starttime: 09:55
Heat: 16/18 Lane : 9 Athlete: VAN WAELDEREN HANNE			Q-time: 01:24:47
PB (50m pool): 01:23.40 Antwerpen 28/07/2024			PB (25m pool): 01:22.58 SB: 01:25.99 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:23.40	
	no time		
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:18, starttime: 09:58
Heat: 18/18 Lane : 2 Athlete: VINGERHOETS MADELIEF			Q-time: 01:21:17
PB (50m pool): no time PB (25m pool): no time SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:3, starttime: 10:05
Heat: 3/14 Lane : 1 Athlete: VAN WAELDEREN KAREL			Q-time: 01:40:45
PB (50m pool): 01:40.45 SportinGenk Park 06/04/2026 PB (25m pool): 01:40.19 SB: 01:40.45 SportinGenk Park 06/04/2026			
	5 0 M	1 0 0 M	
PB	00:45.60	01:40.45	
	00:45.60	00:54.85	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:9, starttime: 10:16
Heat: 9/14 Lane : 8 Athlete: SLUYTS TIBE			Q-time: 01:11:31
PB (50m pool): 01:11.31 Antwerpen 08/03/2026 PB (25m pool): 01:07.48 SB: 01:11.31 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	
PB	00:31.91	01:11.31	
	00:31.91	00:39.40	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:10, starttime: 10:18
Heat: 10/14 Lane : 0 Athlete: JANSSENS TALLE			Q-time: 01:08:77
PB (50m pool): 01:08.77 Antwerpen 13/07/2025 PB (25m pool): 01:06.69 SB: no time			
	5 0 M	1 0 0 M	
PB	00:32.38	01:08.77	
	00:32.38	00:36.39	

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+			Heat:13, starttime: 10:22
Heat: 13/14 Lane : 5 Athlete: VAN WAELDEREN THOMAS			Q-time: 00:57:77
PB (50m pool): 00:57.77 Antwerpen 22/03/2026			PB (25m pool): 00:57.55 SB: 00:57.77 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:26.81	00:57.77	
	00:26.81	00:30.96	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:14, starttime: 10:24
Heat: 14/14 Lane : 8 Athlete: GYULNAZARYAN MAX			Q-time: 01:03:22
PB (50m pool): 01:03.22 Antwerpen 08/03/2026			PB (25m pool): 01:02.49 SB: 01:03.22 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:29.94	01:03.22	
	00:29.94	00:33.28	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:5, starttime: 10:34
Heat: 5/11 Lane : 0 Athlete: VAN WAELDEREN HANNE			Q-time: 01:23:76
PB (50m pool): 01:22.53 Antwerpen 16/07/2023			PB (25m pool): 01:18.75 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:22.53	
	no time		
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:8, starttime: 10:39
Heat: 8/11 Lane : 8 Athlete: VERHEYEN LEONIE			Q-time: 01:15:36
PB (50m pool): 01:15.36 Antwerpen 15/03/2026			PB (25m pool): 01:15.20 SB: 01:15.36 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.60	01:15.36	
	00:34.60	00:40.76	
			

Coach feedback:

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Event number: 4: 100M BUTTERFLY WOMEN 11+				Heat:9, starttime: 10:41	
Heat: 9/11 Lane : 0 Athlete: LEMMENS FEBE				Q-time: 01:13:45	
PB (50m pool): 01:13.45 SportinGenk Park 06/04/2026				PB (25m pool): 01:10.35 SB: 01:13.45 SportinGenk Park 06/04/2026	
	5 0 M	1 0 0 M			
PB	00:33.70	01:13.45			
	00:33.70	00:39.75			
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:10, starttime: 11:23	
Heat: 10/12 Lane : 7 Athlete: SLUYTS JENNE					Q-time: 02:34:81	
PB (50m pool): 02:33.44 Antwerpen 28/07/2024					PB (25m pool): 02:25.51 SB: 02:34.81 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	no time	no time	02:33.44		
	no time					
						

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:13, starttime: 12:23	
Heat: 13/16 Lane : 0 Athlete: VAN AERSCHOT NEL					Q-time: 02:45:37	
PB (50m pool): 02:45.37 Antwerpen 13/07/2025					PB (25m pool): 02:35.52 SB: 02:48.02 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:37.53	01:19.04	02:03.37	02:45.37		
	00:37.53	00:41.51	00:44.33	00:42.00		
						

Coach feedback: