

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: AZL

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

Coaches: Bijloos Annie

Coaches: De Smedt Leny HEADCOACH

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

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 08:47
Heat: 2/22 Lane : 6 Athlete: CORNELIS ENID			Q-time: 99:99:99
PB (50m pool): 01:01.82 Antwerpen 23/02/2020			PB (25m pool): 01:00.88 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:01.82	
	no time		
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:14, starttime: 09:08
Heat: 14/22 Lane : 2 Athlete: VANDER MIJNSBRUGGE LORE			Q-time: 01:07:83
PB (50m pool): 01:07.83 Antwerpen 15/03/2026			PB (25m pool): 01:07.16 SB: 01:07.83 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.49	01:07.83	
	00:32.49	00:35.34	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:14, starttime: 09:08
Heat: 14/22 Lane : 3 Athlete: VAN DE WINKEL LOLA			Q-time: 01:07:72
PB (50m pool): 01:07.72 Gent 08/02/2026			PB (25m pool): 01:06.16 SB: 01:07.72 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:33.50	01:07.72	
	00:33.50	00:34.22	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:13, starttime: 09:43
Heat: 13/23 Lane : 0 Athlete: VAN DEN BREMT MATHIAS			Q-time: 01:02:94
PB (50m pool): 01:02.94 Aalst 28/06/2025			PB (25m pool): 00:59.75 SB: 01:03.10 Charleroi 11/01/2026
	5 0 M	1 0 0 M	
PB	00:30.43	01:02.94	
	00:30.43	00:32.51	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:16, starttime: 09:47
Heat: 16/23 Lane : 1 Athlete: POPPE WARRE			Q-time: 01:00:52
PB (50m pool): 01:00.52 Gent 08/02/2026			PB (25m pool): 00:59.81 SB: 01:00.52 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:29.40	01:00.52	
	00:29.40	00:31.12	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:16, starttime: 09:47
Heat: 16/23 Lane : 4 Athlete: VERHULST MEINDERT			Q-time: 00:59:96
PB (50m pool): 00:59.96 Antwerpen 08/03/2026			PB (25m pool): 00:58.48 SB: 00:59.96 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:28.90	00:59.96	
	00:28.90	00:31.06	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:1, starttime: 09:58
Heat: 1/20 Lane : 5 Athlete: CORNELIS ENID			Q-time: 99:99:99
PB (50m pool): 01:10.96 ANTWERPEN 30/07/2023			PB (25m pool): 01:07.75 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:10.96	
	no time		
			

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 11+										Heat:18, starttime: 10:37	
Heat: 18/20 Lane : 1 Athlete: VAN DEN BREMT SARAH								Q-time: 01:12:19			
PB (50m pool): 01:12.19 Charleroi 11/01/2026						PB (25m pool): 01:08.49SB: 01:12.19 Charleroi 11/01/2026					
	5 0 M		1 0 0 M								
PB	00:34.89		01:12.19								
	00:34.89		00:37.30								
											

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+										Heat:12, starttime: 11:07	
Heat: 12/19 Lane : 6 Athlete: MAES JORDY										Q-time: 01:14:56	
PB (50m pool): 01:14.03 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:13.19SB: 01:14.03 Sportoase De Watermolen 29/03/2026											
	5 0 M		1 0 0 M								
PB	00:35.69		01:14.03								
	00:35.69		00:38.34								
											

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+										Heat:14, starttime: 11:11	
Heat: 14/19 Lane : 1 Athlete: VERHULST MEINDERT										Q-time: 01:12:67	
PB (50m pool): 01:12.67 Antwerpen 13/07/2025										PB (25m pool): 01:11.24 SB: no time	
	5 0 M		1 0 0 M								
PB	00:34.94		01:12.67								
	00:34.94		00:37.73								
											

Coach feedback:

Event number: 15: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 11:30	
Heat: 2/2 Lane : 5 Athlete: VAN DEN BREMT SARAH							Q-time: 05:24:01	
PB (50m pool): 05:24.01 Antwerpen 27/07/2025				PB (25m pool): 05:20.62 SB: 05:27.89 Lochristi 01/02/2026				
	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	00:34.16	01:14.26	01:56.66	02:37.61	03:24.56	04:12.00	04:50.02	05:24.01
	00:34.16	00:40.10	00:42.40	00:40.95	00:46.95	00:47.44	00:38.02	00:33.99
								

Coach feedback:

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Event number: 16: 400M MEDLEY MEN 11+							Heat:2, starttime: 11:44	
Heat: 2/3 Lane : 6 Athlete: POPPE WARRE							Q-time: 05:27:02	
PB (50m pool): 05:27.02 Lochristi 01/02/2026				PB (25m pool): 05:15.73 SB: 05:27.02 Lochristi 01/02/2026				
	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	no time	no time	no time	no time	no time	no time	no time	05:27.02
	<i>no time</i>							
								

Coach feedback:

Event number: 16: 400M MEDLEY MEN 11+							Heat:3, starttime: 11:51	
Heat: 3/3 Lane : 9 Athlete: VAN DEN BREMT MATHIAS							Q-time: 05:23:49	
PB (50m pool): 05:23.49 Antwerpen 20/07/2025				PB (25m pool): 05:15.40 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	00:34.15	01:14.09	01:55.00	02:35.82	03:22.83	04:11.17	04:48.37	05:23.49
	00:34.15	00:39.94	00:40.91	00:40.82	00:47.01	00:48.34	00:37.20	00:35.12
								

Coach feedback: