

FIRST Swim Meeting: Session: 3: 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: 11: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 08:51
Heat: 4/22 Lane : 8 Athlete: SMEETS LOU			Q-time: 01:24:84
PB (50m pool): 01:24.84 Antwerpen 15/03/2026			PB (25m pool): 01:22.34 SB: 01:24.84 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.77	01:24.84	
	00:40.77	00:44.07	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 08:53
Heat: 5/22 Lane : 9 Athlete: VANMECHELEN KATO			Q-time: 01:21:44
PB (50m pool): 01:21.44 Antwerpen 15/03/2026			PB (25m pool): 01:24.01 SB: 01:21.44 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.52	01:21.44	
	00:40.52	00:40.92	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 08:57
Heat: 7/22 Lane : 6 Athlete: KERCKHOFS WOUKE			Q-time: 01:15:58
PB (50m pool): 01:15.58 Antwerpen 15/03/2026			PB (25m pool): 01:15.34 SB: 01:15.58 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.13	01:15.58	
	00:37.13	00:38.45	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:11, starttime: 09:40
Heat: 11/23 Lane : 9 Athlete: PROUVé VIKTOR			Q-time: 01:05:10
PB (50m pool): 01:05.10 Molenbeek 01/02/2026			PB (25m pool): 01:02.71 SB: 01:05.10 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:05.10	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:17, starttime: 09:48
Heat: 17/23 Lane : 1 Athlete: VAN HOOFF COBE			Q-time: 00:59:62
PB (50m pool): 00:59.62 Antwerpen 08/03/2026			PB (25m pool): 00:57.98 SB: 00:59.62 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:28.44	00:59.62	
	00:28.44	00:31.18	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 10:11
Heat: 6/20 Lane : 1 Athlete: VANMECHELEN KATO			Q-time: 01:33:00
PB (50m pool): 01:33.00 Antwerpen 15/03/2026			PB (25m pool): 01:33.02 SB: 01:33.00 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:45.85	01:33.00	
	00:45.85	00:47.15	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 10:11
Heat: 6/20 Lane : 7 Athlete: SMEETS LOU			Q-time: 01:32:74
PB (50m pool): 01:32.74 Molenbeek 01/02/2026			PB (25m pool): 01:28.76 SB: 01:32.74 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:32.74	
	no time		
			

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 10:16
Heat: 8/20 Lane : 9 Athlete: KERCKHOFS WOUKE			Q-time: 01:30:26
PB (50m pool): 01:30.26 Antwerpen 15/03/2026			PB (25m pool): 01:27.93 SB: 01:30.26 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.90	01:30.26	
	00:44.90	00:45.36	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:16, starttime: 10:33
Heat: 16/20 Lane : 1 Athlete: KERCKHOFS NIENTKE			Q-time: 01:16:71
PB (50m pool): 01:16.71 Antwerpen 13/07/2025			PB (25m pool): 01:14.55 SB: 01:17.21 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.84	01:16.71	
	00:36.84	00:39.87	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:20, starttime: 10:41
Heat: 20/20 Lane : 1 Athlete: VANDERLINDEN PAULIEN			Q-time: 01:11:15
PB (50m pool): 01:11.15 Antwerpen 20/07/2025			PB (25m pool): 01:09.08 SB: 01:12.59 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	00:34.21	01:11.15	
	00:34.21	00:36.94	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:13, starttime: 11:09
Heat: 13/19 Lane : 2 Athlete: PROUVé VIKTOR			Q-time: 01:13:67
PB (50m pool): 01:13.67 Antwerpen 08/03/2026			PB (25m pool): 01:11.01 SB: 01:13.67 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:36.24	01:13.67	
	00:36.24	00:37.43	
			

Coach feedback:

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Event number: 14: 100M BACKSTROKE MEN 11+										Heat:14, starttime: 11:11	
Heat: 14/19 Lane : 2 Athlete: VAN HOOFF COBE										Q-time: 01:12:54	
PB (50m pool): 01:12.54 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:08.53 SB: no time											
	5 0 M		1 0 0 M								
PB	00:34.89		01:12.54								
	00:34.89		00:37.65								
											

Coach feedback:

Event number: 15: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 11:30	
Heat: 2/2 Lane : 3 Athlete: VANDERLINDEN PAULIEN							Q-time: 05:26:13	
PB (50m pool): 05:26.13 Antwerpen 20/07/2025								

Coach feedback:

Event number: 15: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 11:30	
Heat: 2/2 Lane : 9 Athlete: KERCKHOFS NIENKE							Q-time: 05:49:57	
PB (50m pool): 05:49.57 Molenbeek 01/02/2026								

Coach feedback: