

FIRST Swim Meeting: Session: 3: 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: 12: 100M FREESTYLE MEN 11+			Heat:5, starttime: 09:30
Heat: 5/23 Lane : 4 Athlete: PIETERS KOBE			Q-time: 01:13:60
PB (50m pool): 01:13.60 Antwerp 02/02/2025			PB (25m pool): 01:09.37 SB: no time
PB	5 0 M	1 0 0 M	
	00:35.83	01:13.60	
	00:35.83	00:37.77	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:10, starttime: 09:38
Heat: 10/23 Lane : 8 Athlete: SEYMUS AXEL			Q-time: 01:06:29
PB (50m pool): 01:05.67 Antwerpen 19/04/2026			PB (25m pool): 01:04.19 SB: 01:05.67 Antwerpen 19/04/2026
PB	5 0 M	1 0 0 M	
	00:31.71	01:05.67	
	00:31.71	00:33.96	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:19, starttime: 09:51
Heat: 19/23 Lane : 8 Athlete: BROWN QUINTEN			Q-time: 00:58:60
PB (50m pool): 00:58.60 Wezenberg 03/01/2026			PB (25m pool): 00:56.55 SB: 00:58.60 Wezenberg 03/01/2026
PB	5 0 M	1 0 0 M	
	00:28.14	00:58.60	
	00:28.14	00:30.46	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:20, starttime: 09:53
Heat: 20/23 Lane : 6 Athlete: DE CUYPER LENS			Q-time: 00:57:67
PB (50m pool): 00:57.47 Antwerpen 16/07/2023			PB (25m pool): 00:55.46 SB: 00:57.67 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	no time	00:57.47	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 10:55
Heat: 6/19 Lane : 7 Athlete: PIETERS KOBE			Q-time: 01:24:55
PB (50m pool): 01:24.55 Wezenberg 04/01/2026			PB (25m pool): 01:20.40 SB: 01:24.55 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:42.26	01:24.55	
	00:42.26	00:42.29	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:11, starttime: 11:05
Heat: 11/19 Lane : 3 Athlete: SEYMUS AXEL			Q-time: 01:15:95
PB (50m pool): 01:15.95 Wezenberg 04/01/2026			PB (25m pool): 01:13.28 SB: 01:15.95 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:37.64	01:15.95	
	00:37.64	00:38.31	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:19, starttime: 11:21
Heat: 19/19 Lane : 1 Athlete: DE CUYPER LENS			Q-time: 01:05:77
PB (50m pool): 01:05.77 Antwerpen 15/03/2026			PB (25m pool): 01:02.73 SB: 01:05.77 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.16	01:05.77	
	00:32.16	00:33.61	
			

Coach feedback: