

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

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:8, starttime: 08:58
Heat: 8/22 Lane : 7 Athlete: VANDEMAELE ELLIE			Q-time: 01:14:25
PB (50m pool): 01:14.25 Kortrijk 16/02/2025			PB (25m pool): 01:10.91 SB: 01:15.04 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:35.29	01:14.25	
	00:35.29	00:38.96	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:16, starttime: 09:11
Heat: 16/22 Lane : 1 Athlete: CASIER CAMILLE			Q-time: 01:06:28
PB (50m pool): 01:06.28 Antwerpen 13/07/2025			PB (25m pool): 01:05.22 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.00	01:06.28	
	00:32.00	00:34.28	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:19, starttime: 09:16
Heat: 19/22 Lane : 4 Athlete: MIGNAUW LAURA			Q-time: 01:03:25
PB (50m pool): 01:02.36 Antwerpen 14/07/2024			PB (25m pool): 01:01.51 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:02.36	
	no time		
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:12, starttime: 09:41
Heat: 12/23 Lane : 7 Athlete: HUYGHEBAERT JULES			Q-time: 01:03:48
PB (50m pool): 01:03.48 Brugge 01/02/2026			PB (25m pool): 01:04.74 SB: 01:03.48 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:30.29	01:03.48	
	00:30.29	00:33.19	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:13, starttime: 09:43
Heat: 13/23 Lane : 5 Athlete: HEYLIGEN LUTZ			Q-time: 01:02:28
PB (50m pool): 01:02.28 Antwerpen 15/03/2026			PB (25m pool): 00:59.93 SB: 01:02.28 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:29.94	01:02.28	
	00:29.94	00:32.34	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:15, starttime: 09:46
Heat: 15/23 Lane : 1 Athlete: DHAENE NIELS			Q-time: 01:01:24
PB (50m pool): 01:01.24 Luxembourg - Kirchberg 15/03/2026			PB (25m pool): 01:00.05 SB: 01:01.24 Luxembourg - Kirchberg 15/03/2026
	5 0 M	1 0 0 M	
PB	00:29.78	01:01.24	
	00:29.78	00:31.46	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:16, starttime: 09:47
Heat: 16/23 Lane : 3 Athlete: HUYSENTRUYT FERRE-LOUIS			Q-time: 00:59:99
PB (50m pool): 00:59.99 Brugge 01/02/2026			PB (25m pool): 00:58.45 SB: 00:59.99 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:29.12	00:59.99	
	00:29.12	00:30.87	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:17, starttime: 09:48
Heat: 17/23 Lane : 3 Athlete: BALCAEN SANDER			Q-time: 00:59:42
PB (50m pool): 00:59.42 Luxembourg - Kirchberg 15/03/2026 PB (25m pool): 00:57.43 SB: 00:59.42 Luxembourg - Kirchberg 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:29.15	00:59.42	
	00:29.15	00:30.27	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:19, starttime: 09:51
Heat: 19/23 Lane : 4 Athlete: MAENHOUT ARJEN			Q-time: 00:58:07
PB (50m pool): 00:57.75 ANTWERPEN 30/07/2023 PB (25m pool): 00:56.88 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	00:57.75	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:22, starttime: 09:55
Heat: 22/23 Lane : 1 Athlete: BEUNENS ILIAN			Q-time: 00:56:20
PB (50m pool): 00:56.20 Antwerpen 15/03/2026 PB (25m pool): 00:54.11 SB: 00:56.20 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:26.68	00:56.20	
	00:26.68	00:29.52	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 10:01
Heat: 2/20 Lane : 6 Athlete: MIGNAUW LAURA			Q-time: 99:99:99
PB (50m pool): 01:18.38 Antwerpen 10/02/2019 PB (25m pool): 01:13.64 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:18.38	
	no time		
			

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:7, starttime: 10:13
Heat: 7/20 Lane : 9 Athlete: VANDEMAELE ELLIE			Q-time: 01:31:91
PB (50m pool): 01:30.99 Lago Kortrijk Weide 28/04/2024			PB (25m pool): 01:23.93 SB: 01:31.91 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:30.99	
	no time		
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:12, starttime: 10:24
Heat: 12/20 Lane : 0 Athlete: CASIER CAMILLE			Q-time: 01:21:89
PB (50m pool): 01:21.89 Seraing 25/01/2026			PB (25m pool): 01:16.30 SB: 01:21.89 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:39.99	01:21.89	
	00:39.99	00:41.90	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:1, starttime: 10:43
Heat: 1/19 Lane : 2 Athlete: MAENHOUT ARJEN			Q-time: 99:99:99
PB (50m pool): 01:05.58 ANTWERPEN 30/07/2023			PB (25m pool): 01:04.08 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:05.58	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:10, starttime: 11:03
Heat: 10/19 Lane : 0 Athlete: HUYGHEBAERT JULES			Q-time: 01:18:27
PB (50m pool): 01:17.72 Antwerpen 14/07/2024			PB (25m pool): 01:10.94 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:17.72	
	no time		
			

Coach feedback:

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

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:14, starttime: 11:11
Heat: 14/19 Lane : 4 Athlete: HUYSENTRUYT FERRE-LOUIS			Q-time: 01:11:54
PB (50m pool): 01:11.54 Antwerpen 13/07/2025			PB (25m pool): 01:08.32 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.35	01:11.54	
	00:34.35	00:37.19	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:15, starttime: 11:13
Heat: 15/19 Lane : 2 Athlete: DHAENE NIELS			Q-time: 01:10:55
PB (50m pool): 01:10.55 Antwerpen 13/07/2025			PB (25m pool): 01:07.38 SB: 01:12.58 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:34.55	01:10.55	
	00:34.55	00:36.00	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:16, starttime: 11:15
Heat: 16/19 Lane : 2 Athlete: BALCAEN SANDER			Q-time: 01:08:26
PB (50m pool): 01:08.26 Brugge 01/02/2026			PB (25m pool): 01:04.74 SB: 01:08.26 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:08.26	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:17, starttime: 11:17
Heat: 17/19 Lane : 8 Athlete: BEUNENS ILIAN			Q-time: 01:07:16
PB (50m pool): 01:07.16 Antwerpen 15/03/2026			PB (25m pool): 01:04.19 SB: 01:07.16 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.63	01:07.16	
	00:32.63	00:34.53	
			

Coach feedback: