

FIRST Swim Meeting: Session: 3: 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: 11: 100M FREESTYLE WOMEN 11+ Heat:11, starttime: 09:03

Heat: 11/22 Lane : 4 Athlete: VAN ROOSBROECK YUNA		Q-time: 01:09:70	
PB (50m pool): 01:09.70 Antwerpen 15/03/2026		PB (25m pool): 01:08.92 SB: 01:09.70 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:33.28	01:09.70	
	00:33.28	00:36.42	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ Heat:12, starttime: 09:05

Heat: 12/22 Lane : 5 Athlete: VAN WAELDEREN HANNE		Q-time: 01:08:80	
PB (50m pool): 01:08.45 Antwerpen 14/07/2024		PB (25m pool): 01:07.01 SB: 01:12.12 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	
PB	no time	01:08.45	
	no time		
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ Heat:13, starttime: 09:06

Heat: 13/22 Lane : 5 Athlete: VAN AERSCHOT NEL		Q-time: 01:08:35	
PB (50m pool): 01:08.35 Antwerpen 15/03/2026		PB (25m pool): 01:06.05 SB: 01:08.35 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:31.99	01:08.35	
	00:31.99	00:36.36	
			

Coach feedback:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:18, starttime: 09:14
Heat: 18/22 Lane : 1 Athlete: LEMMENS FEBE			Q-time: 01:04:42
PB (50m pool): 01:04.42 Antwerpen 15/03/2026			PB (25m pool): 01:02.35 SB: 01:04.42 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:30.95	01:04.42	
	00:30.95	00:33.47	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:20, starttime: 09:17
Heat: 20/22 Lane : 0 Athlete: VINGERHOETS MADELIEF			Q-time: 01:03:02
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: 12: 100M FREESTYLE MEN 11+			Heat:3, starttime: 09:26
Heat: 3/23 Lane : 3 Athlete: VAN WAELDEREN KAREL			Q-time: 01:23:22
PB (50m pool): 01:23.22 Antwerpen 15/03/2026			PB (25m pool): 01:24.19 SB: 01:23.22 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.51	01:23.22	
	00:40.51	00:42.71	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:19, starttime: 09:51
Heat: 19/23 Lane : 0 Athlete: SLUYTS TIBE			Q-time: 00:58:72
PB (50m pool): 00:58.72 Wezenberg 01/02/2026			PB (25m pool): 00:58.09 SB: 00:58.72 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:28.93	00:58.72	
	00:28.93	00:29.79	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:19, starttime: 09:51
Heat: 19/23 Lane : 3 Athlete: GYULNAZARYAN MAX			Q-time: 00:58:14
PB (50m pool): 00:58.14 Antwerpen 08/03/2026			PB (25m pool): 00:58.14 SB: 00:58.14 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:28.10	00:58.14	
	00:28.10	00:30.04	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:21, starttime: 09:54
Heat: 21/23 Lane : 6 Athlete: VAN WAELDEREN THOMAS			Q-time: 00:53:78
PB (50m pool): 00:53.78 Antwerpen 22/03/2026			PB (25m pool): 00:52.02 SB: 00:53.78 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:25.77	00:53.78	
	00:25.77	00:28.01	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:10, starttime: 10:20
Heat: 10/20 Lane : 5 Athlete: VAN ROOSBROECK YUNA			Q-time: 01:23:64
PB (50m pool): 01:23.64 SportinGenk Park 21/04/2025			PB (25m pool): 01:21.30 SB: 01:25.63 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:40.40	01:23.64	
	00:40.40	00:43.24	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:15, starttime: 10:31
Heat: 15/20 Lane : 0 Athlete: LEMMENS FEBE			Q-time: 01:17:54
PB (50m pool): 01:17.54 Eindhoven 16/03/2025			PB (25m pool): 01:13.39 SB: 01:17.75 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.44	01:17.54	
	00:36.44	00:41.10	
			

Coach feedback:

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

Event number: 13: 100M BACKSTROKE WOMEN 11+										Heat:18, starttime: 10:37	
Heat: 18/20 Lane : 0 Athlete: VAN AERSCHOT NEL								Q-time: 01:14:04			
PB (50m pool): 01:14.04 Wezenberg 01/02/2026						PB (25m pool): 01:11.63 SB: 01:14.04 Wezenberg 01/02/2026					
	5 0 M		1 0 0 M								
PB	00:35.74		01:14.04								
	00:35.74		00:38.30								
											

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+										Heat:16, starttime: 11:15	
Heat: 16/19 Lane : 8 Athlete: GYULNAZARYAN MAX										Q-time: 01:09:28	
PB (50m pool): 01:09.28 Antwerpen 08/03/2026					PB (25m pool): 01:08.21 SB: 01:09.28 Antwerpen 08/03/2026						
	5 0 M		1 0 0 M								
PB	00:34.42		01:09.28								
	00:34.42		00:34.86								
											

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+										Heat:18, starttime: 11:19																																																																																														
Heat: 18/19															Lane : 7															Athlete: SLUYTS TIBE															Q-time: 01:05:61																																																											
PB (50m pool): 01:05.61															Wezenberg															01/02/2026															PB (25m pool): 01:03.87															SB: 01:05.61															Wezenberg															01/02/2026														
		5 0 M					1 0 0 M																																																																																																	
PB		00:32.08					01:05.61																																																																																																	
		00:32.08					00:33.53																																																																																																	
																																																																																																								

Coach feedback:

Event number: 16: 400M MEDLEY MEN 11+							Heat:3, starttime: 11:51	
Heat: 3/3 Lane : 5 Athlete: VAN WAELDEREN THOMAS							Q-time: 04:58:90	
PB (50m pool): no time			PB (25m pool): 04:58.90 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	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback: