

FIRST Swim Meeting: Session: 4: COACH evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 13:00 untill 14:05. Teamleadmeeting @ The listed starttimes are indicative!

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

Event number: 17: 200M MEDLEY MIXED 10-9					Heat:2, starttime: 14:20
Heat: 2/2 Lane : 1 Athlete: KERCKHOFS DIEWKE					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
	.	.	.	.	

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:42
Heat: 5/24 Lane : 2 Athlete: VANMECHELEN KATO					Q-time: 03:12:34
PB (50m pool): no time PB (25m pool): 03:12.34 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
	.	.	.	.	

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:42
Heat: 5/24 Lane : 3 Athlete: SMEETS LOU					Q-time: 03:10:74
PB (50m pool): no time PB (25m pool): 03:10.74 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
	.	.	.	.	

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:9, starttime: 14:56	
Heat: 9/24 Lane : 4 Athlete: KERCKHOFS WOUKE				Q-time: 02:47:06	
PB (50m pool): 02:47.06 Molenbeek 01/02/2026				PB (25m pool): 02:42.82 SB: 02:47.06 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:23.48	no time	02:47.06	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:19, starttime: 15:26	
Heat: 19/24 Lane : 6 Athlete: KERCKHOFS NIENKE				Q-time: 02:24:14	
PB (50m pool): 02:24.14 Antwerpen 13/07/2025				PB (25m pool): 02:22.09 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.46	01:10.26	01:47.76	02:24.14	
	00:33.46	00:36.80	00:37.50	00:36.38	
					

Coach feedback:

Event number: 19: 100M BACKSTROKE MIXED 10-9				Heat:2, starttime: 15:45	
Heat: 2/2 Lane : 5 Athlete: KERCKHOFS DIEWKE				Q-time: 01:45:01	
PB (50m pool): no time				PB (25m pool): 01:45.01 SB: no time	
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+				Heat:10, starttime: 16:30	
Heat: 10/19 Lane : 4 Athlete: PROUVé VIKTOR				Q-time: 03:17:88	
PB (50m pool): 03:17.88 Antwerpen 13/07/2025				PB (25m pool): 03:15.21 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.04	01:33.80	02:25.79	03:17.88	
	00:43.04	00:50.76	00:51.99	00:52.09	
					

Coach feedback:

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Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:17, starttime: 16:54
Heat: 17/19 Lane : 5 Athlete: VAN HOOFF COBE					Q-time: 02:42:15
PB (50m pool): 02:42.15 Antwerpen 08/03/2026					PB (25m pool): 02:34.10 SB: 02:42.15 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.10	01:16.84	01:59.48	02:42.15	
	00:36.10	00:40.74	00:42.64	00:42.67	
					

Coach feedback:

Event number: 21: 200M BUTTERFLY WOMEN 11+					Heat:4, starttime: 17:15
Heat: 4/4 Lane : 3 Athlete: VANDERLINDEN PAULIEN					Q-time: 02:42:52
PB (50m pool): 02:42.52 Antwerpen 08/03/2026					PB (25m pool): 02:41.62 SB: 02:42.52 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.34	01:18.33	02:00.87	02:42.52	
	00:36.34	00:41.99	00:42.54	00:41.65	
					

Coach feedback: