

Recordwedstrijd KAZS: Session: 1: COACH Evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 16:00 untill 16:55. Teamleadmeeting @ 16:15 The listed starttimes are indicative!

Coaches: Caerts Joke HEADCOACH

PB => Personal Best time

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

Event number: 13: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 18:00
Heat: 1/3 Lane : 3 Athlete: SMEETS LOU					Q-time: 01:38:19
PB (25m pool): 01:38.19 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:38.19 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.17		01:38.19	
	00:46.17		00:52.02		
					

Coach feedback:

Event number: 13: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 18:05
Heat: 2/3 Lane : 7 Athlete: KERCKHOFS WOUKE					Q-time: 01:25:93
PB (25m pool): 01:25.93 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:25.93 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.37		01:25.93	
	00:41.37		00:44.56		
					

Coach feedback:

Event number: 13: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 18:05
Heat: 3/3 Lane : 7 Athlete: KERCKHOFS NIENKE					Q-time: 01:14:44
PB (25m pool): 01:14.44 Mol 28/12/2025 PB (50m pool): no time SB: 01:14.44 Mol 28/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.48		01:14.44	
	00:34.48		00:39.96		
					

Coach feedback:

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Event number: 17: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 18:40
Heat: 1/2 Lane : 5 Athlete: KERCKHOFS WOUKE					Q-time: 01:30:53
PB (25m pool): 01:30.53 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:30.84 SB: 01:30.53 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.15		01:30.53	
	00:45.15		00:45.38		
					

Coach feedback:

Event number: 18: 100M BREASTSTROKE MEN 11+					Heat:1, starttime: 18:45
Heat: 1/1 Lane : 6 Athlete: VAN HOOFF COBE					Q-time: 01:11:01
PB (25m pool): 01:11.01 LEUVEN 23/11/2025 PB (50m pool): 01:13.81 SB: 01:11.01 LEUVEN 23/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.17		01:11.01	
	00:33.17		00:37.84		
					

Coach feedback:

Event number: 19: 50M FREESTYLE WOMEN 11+					Heat:1, starttime: 18:50
Heat: 1/3 Lane : 4 Athlete: KERCKHOFS NIENKE					Q-time: 00:29:83
PB (25m pool): 00:29.83 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:30.67 SB: 00:29.83 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M			
PB		00:29.83			
	00:29.83				
					

Coach feedback:

Event number: 19: 50M FREESTYLE WOMEN 11+					Heat:1, starttime: 18:50
Heat: 1/3 Lane : 7 Athlete: SMEETS LOU					Q-time: 00:37:28
PB (25m pool): 00:37.28 Aarschot 04/05/2025 PB (50m pool): 00:39.98 SB: no time					
	2 5 M	5 0 M			
PB		00:37.28			
	00:37.28				
					

Coach feedback:

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Event number: 23: 50M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 19:05		
Heat: 1/3 Lane : 5 Athlete: KERCKHOFS WOUKE							Q-time: 00:42:53		
PB (25m pool): 00:42.53 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:42.16 SB: 00:42.53 Stedelijk Zwembad Geel 15/02/2026									
	2 5 M		5 0 M						
PB			00:42.53						
			00:42.53						
									

Coach feedback:

Event number: 26: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 19:10	
Heat: 1/2 Lane : 2 Athlete: VAN HOOFF COBE					Q-time: 01:09:64	
PB (25m pool): 01:09.29 Aarschot 29/07/2024					PB (50m pool): 01:12.07 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		no time		01:09.29		
	no time					
						

Coach feedback:

Event number: 27: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 19:15	
Heat: 1/2 Lane : 4 Athlete: SMEETS LOU							Q-time: 03:10:74	
PB (25m pool): 03:10.74 Pelt 05/10/2025				PB (50m pool): 03:13.26 SB: 03:10.74 Pelt 05/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:42.93		01:33.45		no time		03:10.74
	00:42.93		00:50.52					
								

Coach feedback: