

Recordwedstrijd KAZS: Session: 1: COACH evaluation sheet for TEAM: KST

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

Coaches: Van der Eycken Ann HEADCOACH

Coaches: Van Herzeele Peggy

PB => Personal Best time

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

Event number: 3: 400M MEDLEY WOMEN 11+ Heat:1, starttime: 17:25

Heat: 1/1 Lane : 3 Athlete: LAUWERS SOFIE							Q-time: 05:35:47	
PB (25m pool): 05:35.47 Sinbad 22/07/2025				PB (50m pool): 06:07.48 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:20.90		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:35.47
								

Coach feedback:

Event number: 7: 100M FREESTYLE WOMEN 11+ Heat:2, starttime: 17:40

Heat: 2/3 Lane : 2 Athlete: LAUWERS SOFIE							Q-time: 01:04:54	
PB (25m pool): 01:04.54 Sinbad 22/07/2025				PB (50m pool): 01:04.80 SB: 01:05.02 Mol 28/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:30.91		01:04.54				
	00:30.91			00:33.63				
								

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 11+ Heat:2, starttime: 17:45

Heat: 2/4 Lane : 2 Athlete: STABEL JASPER							Q-time: 00:58:87	
PB (25m pool): 00:58.87 Herentals 09/05/2026				PB (50m pool): 01:00.45 SB: 00:58.87 Herentals 09/05/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:28.39		00:58.87				
	00:28.39			00:30.48				
								

Coach feedback:

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Event number: 11: 50M BACKSTROKE WOMEN 11+				Heat:2, starttime:
Heat: 2/2 Lane : 6 Athlete: LAUWERS SOFIE				Q-time: 00:34:64
PB (25m pool): 00:35.10 Sinbad 22/07/2025				PB (50m pool): 00:34.64 SB: no time
	2 5 M	5 0 M		
PB		00:35.10		
	00:35.10			
				

Coach feedback:

Event number: 14: 100M MEDLEY MEN 11+					Heat:1, starttime: 18:10
Heat: 1/2 Lane : 4 Athlete: STABEL JASPER					Q-time: 01:08:24
PB (25m pool): 01:08.24 Mol 28/12/2025					PB (50m pool): no time SB: 01:08.24 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.25		01:08.24	
	00:31.25		00:36.99		
					

Coach feedback:

Event number: 19: 50M FREESTYLE WOMEN 11+				Heat:2, starttime: 18:50
Heat: 2/3 Lane : 6 Athlete: LAUWERS SOFIE				Q-time: 00:29:76
PB (25m pool): 00:29.76 Stedelijk Zwembad Geel 15/02/2026				PB (50m pool): 00:30.30 SB: 00:29.76 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M		
PB		00:29.76		
	00:29.76			
				

Coach feedback:

Event number: 20: 50M FREESTYLE MEN 11+				Heat:2, starttime: 18:50
Heat: 2/4 Lane : 4 Athlete: STABEL JASPER				Q-time: 00:27:34
PB (25m pool): 00:27.50 Turnhout 01/03/2026				PB (50m pool): 00:27.34 SB: 00:27.50 Turnhout 01/03/2026
	2 5 M	5 0 M		
PB		00:27.50		
	00:27.50			
				

Coach feedback:

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Event number: 23: 50M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 19:05		
Heat: 2/3 Lane : 3 Athlete: LAUWERS SOFIE							Q-time: 00:39:58		
PB (25m pool): 00:39.86 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:39.58 SB: 00:39.86 Stedelijk Zwembad Geel 15/02/2026									
	2 5 M		5 0 M						
PB			00:39.86						
	00:39.86								
									

Coach feedback:

Event number: 28: 200M FREESTYLE MEN 11+						Heat:1, starttime: 19:25		
Heat: 1/2 Lane : 3 Athlete: STABEL JASPER						Q-time: 02:13:55		
PB (25m pool): 02:13.55 Parklaan 58, Turnhout 29/03/2026 PB (50m pool): 02:17.36 SB: 02:13.55 Parklaan 58, Turnhout 29/03/2026								
	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		00:30.03		01:04.82		no time		02:13.55
	00:30.03		00:34.79					
								

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11+							Heat:2, starttime: 19:30	
Heat: 2/2 Lane : 4 Athlete: LAUWERS SOFIE							Q-time: 01:11:24	
PB (25m pool): 01:12.44 Mol 28/12/2025							PB (50m pool): 01:11.24SB: 01:12.44 Mol 28/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:35.63		01:12.44				
	00:35.63		00:36.81					
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11+						Heat:1, starttime: 19:45		
Heat: 1/1 Lane : 3 Athlete: STABEL JASPER						Q-time: 02:28:52		
PB (25m pool): 02:28.52 Heist-op-den-Berg 10/01/2026 PB (50m pool): 02:30.72 SB: 02:28.52 Heist-op-den-Berg 10/01/2026								
	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		00:32.06		no time		no time		02:28.52
	00:32.06							
								

Coach feedback: