

SCZ Recordpoging: Session: 1: COACH evaluation sheet for TEAM: KST

Coachinfo: Warming up from: 17:00 untill . Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Reymen Rika

Coaches: Stabel Siegfried HEADCOACH

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE MEN 11+ Heat:3, starttime: 18:13

Heat: 3/4 Lane : 1 Athlete: STABEL JONATHAN							Q-time: 05:22:04	
PB (25m pool): 05:22.91 Lier 04/04/2026				PB (50m pool): 05:22.04 SB: 05:22.91 Lier 04/04/2026				
	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		01:16.33		no time		02:39.80
	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		05:22.91
								

Coach feedback:

Event number: 5: 100M BUTTERFLY MEN 11+ Heat:1, starttime: 18:58

Heat: 1/5 Lane : 4 Athlete: STABEL JONATHAN							Q-time: 01:32:84	
PB (25m pool): 01:32.84 Heist-op-den-Berg 10/01/2026				PB (50m pool): 01:37.42 SB: 01:32.84 Heist-op-den-Berg 10/01/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:42.49		01:32.84				
	00:42.49			00:50.35				
								

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+ Heat:3, starttime: 19:12

Heat: 3/3 Lane : 5 Athlete: LAUWERS LOTTE							Q-time: 01:13:91	
PB (25m pool): 01:13.91 Turnhout 01/03/2026				PB (50m pool): 01:16.14 SB: 01:13.91 Turnhout 01/03/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:33.62		01:13.91				
	00:33.62			00:40.29				
								

Coach feedback:

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Event number: 8: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 19:30
Heat: 3/6 Lane : 2 Athlete: NIEWENWEG LENTE					Q-time: 01:43:52
PB (25m pool): 01:43.52 Mol 28/12/2025			PB (50m pool): 01:47.14 SB: 01:43.52 Mol 28/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.02		01:43.52	
	00:49.02		00:54.50		
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 19:30
Heat: 3/6 Lane : 3 Athlete: NIEWENWEG STERRE					Q-time: 01:41:46
PB (25m pool): 01:41.46 Turnhout 01/03/2026			PB (50m pool): 01:45.43 SB: 01:41.46 Turnhout 01/03/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.03		01:41.46	
	00:50.03		00:51.43		
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 19:37
Heat: 6/6 Lane : 5 Athlete: CAMPFORTS FIEN					Q-time: 01:25:71
PB (25m pool): 01:25.71 Turnhout 01/03/2026			PB (50m pool): 01:26.77 SB: 01:25.71 Turnhout 01/03/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.25		01:25.71	
	00:41.25		00:44.46		
					

Coach feedback:

Event number: 15: 100M FREESTYLE MEN 11+					Heat:3, starttime: 20:42
Heat: 3/8 Lane : 2 Athlete: STABEL JONATHAN					Q-time: 01:08:32
PB (25m pool): 01:08.32 Herentals 09/05/2026			PB (50m pool): 01:09.09 SB: 01:08.32 Herentals 09/05/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.97		01:08.32	
	00:32.97		00:35.35		
					

Coach feedback:

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Event number: 16: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 21:00
Heat: 5/6 Lane : 4 Athlete: LAUWERS LOTTE					Q-time: 01:05:40
PB (25m pool): 01:05.40 Mol 28/12/2025			PB (50m pool): 01:07.37 SB: 01:05.40 Mol 28/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.57		01:05.40	
	00:31.57		00:33.83		
					

Coach feedback:

Event number: 16: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 21:00
Heat: 5/6 Lane : 5 Athlete: CAMPFORTS FIEN					Q-time: 01:05:70
PB (25m pool): 01:05.70 Mol 28/12/2025			PB (50m pool): 01:08.62 SB: 01:05.70 Mol 28/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.67		01:05.70	
	00:31.67		00:34.03		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 21:09
Heat: 1/5 Lane : 4 Athlete: NIEWENWEG LENTE					Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 21:12
Heat: 2/5 Lane : 4 Athlete: NIEWENWEG STERRE					Q-time: 01:32:88
PB (25m pool): 01:32.88 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): no time SB: 01:32.88 Stedelijk Zwembad Geel 15/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.97		01:32.88	
	00:45.97		00:46.91		
					

Coach feedback: