

PK Antw KB 26: Session: 1: COACH evaluation sheet for TEAM: HEST

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van Den Bulck Deborah HEADCOACH

Coaches: Van Dyck Line

Coaches: Bombois Ann

PB => Personal Best time

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

Event number: 1: 200M BUTTERFLY WOMEN 13+							Heat:1, starttime: 09:00	
Heat: 1/1 Lane : 5 Athlete: STEVENS LAURA							Q-time: 02:31:15	
PB (25m pool): 02:34.70 Lier 24/05/2025				PB (50m pool): 02:32.65 SB: no time				
	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		00:33.20		01:11.45		no time		02:34.70
	00:33.20		00:38.25					
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 09:32	
Heat: 2/14 Lane : 5 Athlete: VERBEEK FENNA							Q-time: 03:19:71	
PB (25m pool): 03:30.27 Tremelo 14/12/2025				PB (50m pool): 03:19.71 SB: no time				
	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		00:50.00		no time		no time		03:30.27
	00:50.00							
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:4, starttime: 11:29	
Heat: 4/14 Lane : 2 Athlete: VERBEEK FENNA							Q-time: 00:42:01	
PB (25m pool): 00:43.48 Antwerpen 12/10/2025				PB (50m pool): 00:42.01 SB: no time				
	2 5 M		5 0 M					
PB			00:43.48					
			00:43.48					
								

Coach feedback: