

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

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

Coaches: Melis Tom

Coaches: Peeters Vincent HEADCOACH

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:4, starttime: 09:10
Heat: 4/14 Lane : 4 Athlete: DOCHITA EDUARD					Q-time: 01:08:84
PB (25m pool): 01:08.84 Herentals 09/05/2026					PB (50m pool): 01:10.80 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.36		01:08.84	
	00:33.36		00:35.48		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 09:39	
Heat: 4/14 Lane : 4 Athlete: VAN DIJCK LOTTE							Q-time: 03:10:00	
PB (25m pool): 03:10.00 Arendonk 31/05/2026				PB (50m pool): 03:10.95SB: 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		00:47.64		no time		no time		03:10.00
	00:47.64							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 09:57	
Heat: 9/14 Lane : 6 Athlete: MELIS FEE							Q-time: 02:47:69	
PB (25m pool): 02:48.10 Mol 28/12/2025				PB (50m pool): 02:50.39SB: 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		00:39.17		01:21.30		02:09.32		02:48.10
	00:39.17		00:42.13		00:48.02		00:38.78	
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:13, starttime: 10:10	
Heat: 13/14 Lane : 4 Athlete: GRAHAM JIL							Q-time: 02:32:40	
PB (25m pool): 02:28.59 2320 Hoogstraten 07/05/2023				PB (50m pool): 02:33.10 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		no time		no time		no time		02:28.59
	no time							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:14, starttime: 10:13	
Heat: 14/14 Lane : 2 Athlete: MELIS VLINDER							Q-time: 02:30:21	
PB (25m pool): 02:30.21 Mol 28/12/2025				PB (50m pool): 02:33.59SB: 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		00:32.96		01:10.98		01:55.95		02:30.21
	00:32.96		00:38.02		00:44.97		00:34.26	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:14, starttime: 10:13	
Heat: 14/14 Lane : 5 Athlete: WILLAERT AYLA							Q-time: 02:27:42	
PB (25m pool): 02:25.33 Mol 20/10/2024				PB (50m pool): 02:27.34SB: 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		00:31.84		01:08.58		01:52.28		02:25.33
	00:31.84		00:36.74		00:43.70		00:33.05	
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+							Heat:4, starttime: 10:23	
Heat: 4/6 Lane : 3 Athlete: KEUSTERMANS LARD							Q-time: 01:17:51	
PB (25m pool): 01:17.51 Herentals 09/05/2026				PB (50m pool): 01:20.58SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:37.02		01:17.51				
	00:37.02		00:40.49					
								

Coach feedback:

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Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:5, starttime: 11:00	
Heat: 5/6 Lane : 6 Athlete: MELIS VLINDER							Q-time: 02:30:64	
PB (25m pool): 02:30.64 TEMSE 23/11/2025				PB (50m pool): 02:35.92 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		00:35.28		01:13.81		01:52.58		02:30.64
	00:35.28		00:38.53		00:38.77		00:38.06	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:6, starttime: 11:04	
Heat: 6/6 Lane : 2 Athlete: GRAHAM JIL							Q-time: 02:26:58	
PB (25m pool): 02:26.02 Aarschot 30/04/2023				PB (50m pool): 02:30.82SB: 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		no time		no time		no time		02:26.02
	no time							
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:14	
Heat: 2/3 Lane : 3 Athlete: COUVREUR FRED							Q-time: 04:37:67	
PB (25m pool): 04:37.67 Arendonk 31/05/2026				PB (50m pool): 04:45.94SB: 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		01:06.78		no time		02:17.71
	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		04:37.67
								

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 11:29
Heat: 4/14 Lane : 8 Athlete: VAN DIJCK LOTTE			Q-time: 00:42:71
PB (25m pool): 00:42.71 Herentals 09/05/2026			PB (50m pool): 00:43.49 SB: no time
	2 5 M	5 0 M	
PB		00:42.71	
		00:42.71	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:8, starttime: 11:33
Heat: 8/14 Lane : 6 Athlete: MELIS FEE			Q-time: 00:35:24
PB (25m pool): 00:35.24 Herentals 09/05/2026			PB (50m pool): 00:37.42 SB: no time
	2 5 M	5 0 M	
PB		00:35.24	
		00:35.24	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:12, starttime: 11:38
Heat: 12/14 Lane : 3 Athlete: VAN BOCKSTAL YOANNA			Q-time: 00:30:87
PB (25m pool): 00:30.87 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:31.11 SB: no time
	2 5 M	5 0 M	
PB		00:30.87	
		00:30.87	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:13, starttime: 11:39
Heat: 13/14 Lane : 5 Athlete: WILLAERT AYLA			Q-time: 00:30:13
PB (25m pool): 00:29.89 Nijlen 17/11/2024			PB (50m pool): 00:29.92 SB: no time
	2 5 M	5 0 M	
PB		00:29.89	
		00:29.89	
			

Coach feedback:

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Event number: 8: 50M BACKSTROKE MEN 13+			Heat:3, starttime: 11:45
Heat: 3/6 Lane : 4 Athlete: KEUSTERMANS LARD			Q-time: 00:33:42
PB (25m pool): 00:33.90 Herentals 09/05/2026			PB (50m pool): 00:34.50 SB: no time
	2 5 M	5 0 M	
PB		00:33.90	
		00:33.90	
			

Coach feedback: