

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

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

Coaches: De Bock Ann HEADCOACH

Coaches: Van Dyck Nina

Coaches: De Cuyper Tibo

Coaches: Gullentops Axel

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 : 4 Athlete: ROMBOUT LISA							Q-time: 02:24:92	
PB (25m pool): 02:24.31 GROENENHOEK 28/10/2018				PB (50m pool): 02:24.55 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		02:24.31
	no time							
								

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+							Heat:5, starttime: 09:11	
Heat: 5/14 Lane : 2 Athlete: PIETERS KOBE							Q-time: 01:07:92	
PB (25m pool): 01:08.25 Tremelo 24/05/2026				PB (50m pool): 01:07.92SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:32.90		01:08.25				
	00:32.90		00:35.35					
								

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+							Heat:8, starttime: 09:16	
Heat: 8/14 Lane : 4 Athlete: VERBEEK MATTS							Q-time: 01:02:60	
PB (25m pool): 01:03.61 Aarschot 26/04/2026				PB (50m pool): 01:02.60 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:31.15		01:03.61				
	00:31.15		00:32.46					
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 09:43	
Heat: 5/14 Lane : 5 Athlete: VAN ROMPAEY LORE							Q-time: 03:04:26	
PB (25m pool): 03:04.26 Parklaan 58, Turnhout 29/03/2026 PB (50m pool): no time 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		00:38.93		no time		no time		03:04.26
	00:38.93							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 09:50	
Heat: 7/14 Lane : 1 Athlete: ROZIERIS LILY							Q-time: 02:58:02	
PB (25m pool): 02:58.02 Zwembad De Motte 20/06/2026 PB (50m pool): 03:05.66 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		00:39.46		no time		no time		02:58.02
	00:39.46							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 09:57	
Heat: 9/14 Lane : 1 Athlete: FAES ELYNE							Q-time: 02:49:09	
PB (25m pool): 02:49.09 Heist-op-den-Berg 10/01/2026 PB (50m pool): 03:13.64 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		00:35.05		no time		no time		02:49.09
	00:35.05							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:11, starttime: 10:04	
Heat: 11/14 Lane : 5 Athlete: WIJCKMANS LENE							Q-time: 02:39:71	
PB (25m pool): 02:39.71 Antwerpen 12/10/2025				PB (50m pool): 02:42.76 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		00:35.29		01:14.66		02:02.75		02:39.71
	00:35.29		00:39.37		00:48.09		00:36.96	
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:13, starttime: 10:10	
Heat: 13/14 Lane : 3 Athlete: VAN LOOY ANKE							Q-time: 02:34:17	
PB (25m pool): 02:32.03 Heist Op Den Berg 13/01/2024							PB (50m pool): 02:37.24 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		02:32.03
	no time							
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:3, starttime: 10:53	
Heat: 3/6 Lane : 7 Athlete: DE BOCK MARIE							Q-time: 02:46:74	
PB (25m pool): 02:46.74 LEUVEN 23/11/2025				PB (50m pool): 02:55.16SB: 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		00:39.46		01:21.93		02:05.09		02:46.74
	00:39.46		00:42.47		00:43.16		00:41.65	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:4, starttime: 10:56	
Heat: 4/6 Lane : 3 Athlete: WIJCKMANS LENE							Q-time: 02:35:24	
PB (25m pool): 02:35.24 Antwerpen 12/10/2025				PB (50m pool): 02:40.31 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		00:36.31		01:15.06		01:55.40		02:35.24
	00:36.31		00:38.75		00:40.34		00:39.84	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:5, starttime: 11:00	
Heat: 5/6 Lane : 3 Athlete: VAN LOOY ANKE							Q-time: 02:30:44	
PB (25m pool): 02:30.44 Antwerpen 12/10/2025				PB (50m pool): 02:37.73 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		00:35.61		01:14.34		01:53.33		02:30.44
	00:35.61		00:38.73		00:38.99		00:37.11	
								

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 11:31
Heat: 6/14 Lane : 2 Athlete: ROZIERIS LILY			Q-time: 00:37:75
PB (25m pool): 00:37.75 Tremelo 14/12/2025			PB (50m pool): 00:36.52 SB: no time
	2 5 M	5 0 M	
PB		00:37.75	
		00:37.75	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 11:32
Heat: 7/14 Lane : 8 Athlete: VAN ROMPAEY LORE			Q-time: 00:36:32
PB (25m pool): 00:38.63 Nijlen 01/03/2026			PB (50m pool): 00:36.32 SB: no time
	2 5 M	5 0 M	
PB		00:38.63	
		00:38.63	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:8, starttime: 11:33
Heat: 8/14 Lane : 1 Athlete: DE BOCK MARIE			Q-time: 00:35:61
PB (25m pool): 00:35.61 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 00:36.18 SB: no time
	2 5 M	5 0 M	
PB		00:35.61	
		00:35.61	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 11:37
Heat: 11/14 Lane : 8 Athlete: FAES ELYNE			Q-time: 00:32:76
PB (25m pool): 00:32.76 Nijlen 01/03/2026			PB (50m pool): 00:33.45 SB: no time
	2 5 M	5 0 M	
PB		00:32.76	
		00:32.76	
			

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:14, starttime: 11:40
Heat: 14/14 Lane : 5 Athlete: ROMBOUT LISA			Q-time: 00:28:36
PB (25m pool): 00:28.36 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:28.61 SB: no time			
	2 5 M	5 0 M	
PB		00:28.36	
		00:28.36	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:2, starttime: 11:43
Heat: 2/6 Lane : 1 Athlete: PIETERS KOBE			Q-time: 00:38:44
PB (25m pool): 00:38.44 LEUVEN 23/11/2025 PB (50m pool): 00:40.55 SB: no time			
	2 5 M	5 0 M	
PB		00:38.44	
		00:38.44	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:2, starttime: 11:43
Heat: 2/6 Lane : 4 Athlete: VERBEEK MATTS			Q-time: 00:35:56
PB (25m pool): 00:35.61 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:35.56 SB: no time			
	2 5 M	5 0 M	
PB		00:35.61	
		00:35.61	
			

Coach feedback: