

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

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

Coaches: Leysen Fons

Coaches: Van Herzeele Peggy

Coaches: Verrijken Valerie

Coaches: Stabel Siegfried

Coaches: Adams Sander HEADCOACH

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:08
Heat: 3/14 Lane : 2 Athlete: REYMEN RHUNE					Q-time: 01:12:03
PB (25m pool): 01:14.44 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:12.03 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.83		01:14.44	
		00:35.83		00:38.61	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:13
Heat: 6/14 Lane : 5 Athlete: STABEL JONATHAN					Q-time: 01:06:41
PB (25m pool): 01:06.41 Zwembad De Motte 14/07/2026 PB (50m pool): 01:08.06 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.03		01:06.41	
		00:32.03		00:34.38	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:15
Heat: 7/14 Lane : 4 Athlete: LEYSEN JEROEN					Q-time: 01:04:74
PB (25m pool): 01:04.74 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:05.15 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.01		01:04.74	
		00:31.01		00:33.73	
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:8, starttime: 09:16
Heat: 8/14 Lane : 1 Athlete: LEYSEN BENJAMIN					Q-time: 01:04:14
PB (25m pool): 01:04.14 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:04.78 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.79		01:04.14	
	00:30.79		00:33.35		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:10, starttime: 09:19
Heat: 10/14 Lane : 4 Athlete: STABEL JASPER					Q-time: 00:58:14
PB (25m pool): 00:58.14 Aarschoot 27/07/2026 PB (50m pool): 01:00.45 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.53		00:58.14	
	00:27.53		00:30.61		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:12, starttime: 09:22
Heat: 12/14 Lane : 7 Athlete: VAN DYCK BRAM					Q-time: 00:56:03
PB (25m pool): 00:53.03 Herentals 21/05/2022 PB (50m pool): 00:54.89 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:53.03	
	no time				
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 09:32	
Heat: 2/14 Lane : 1 Athlete: VAN MECHELEN LUNA							Q-time: 03:31:01	
PB (25m pool): 03:44.81 Parklaan 58, Turnhout 30/03/2025 PB (50m pool): 03:31.01 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		00:49.69		no time		no time		03:44.81
	00:49.69							
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:01	
Heat: 10/14 Lane : 3 Athlete: CAMPFORTS FIEN							Q-time: 02:42:84	
PB (25m pool): 02:42.84 Parklaan 58, Turnhout 29/03/2026 PB (50m pool): 02:54.02 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		00:35.78		no time		no time		02:42.84
	00:35.78							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:01	
Heat: 10/14 Lane : 7 Athlete: DIERCKX ASTRID							Q-time: 02:45:37	
PB (25m pool): 02:45.37 Parklaan 58, Turnhout 29/03/2026 PB (50m pool): 02:48.33 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		00:36.56		no time		no time		02:45.37
	00:36.56							
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:2, starttime: 10:19			
Heat: 2/6 Lane : 4 Athlete: LEYSEN JEROEN					Q-time: 01:27:39			
PB (25m pool): 01:27.39 Turnhout 01/03/2026 PB (50m pool): 01:29.20 SB: no time								
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:40.91		01:27.39				
	00:40.91		00:46.48					
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:5, starttime: 10:25			
Heat: 5/6 Lane : 1 Athlete: STABEL JASPER					Q-time: 01:15:59			
PB (25m pool): 01:15.59 Herentals 09/05/2026 PB (50m pool): 01:20.08 SB: no time								
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:35.66		01:15.59				
	00:35.66		00:39.93					
								

Coach feedback:

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Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:1, starttime: 10:44	
Heat: 1/6 Lane : 3 Athlete: VAN MECHELEN LUNA							Q-time: 03:23:32	
PB (25m pool): 03:23.32 2370 Arendonk 21/12/2025				PB (50m pool): 03:26.41 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		00:47.92		01:39.39		no time		03:23.32
	00:47.92		00:51.47					
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:3, starttime: 10:53	
Heat: 3/6 Lane : 1 Athlete: VAN MECHELEN ZOë							Q-time: 02:47:47	
PB (25m pool): 02:47.47 Mol 28/12/2025				PB (50m pool): 02:56.17 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		00:39.01		01:22.46		02:07.00		02:47.47
	00:39.01		00:43.45		00:44.54		00:40.47	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:4, starttime: 10:56	
Heat: 4/6 Lane : 4 Athlete: LAUWERS SOFIE							Q-time: 02:34:18	
PB (25m pool): 02:34.18 Parklaan 58, Turnhout 30/03/2025							PB (50m pool): 02:35.22 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		00:35.42		01:14.71		no time		02:34.18
	00:35.42		00:39.29					
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:1, starttime: 11:07	
Heat: 1/3 Lane : 4 Athlete: LEYSEN JEROEN							Q-time: 05:01:80	
PB (25m pool): 05:01.80 Sportoase De Watermolen 21/07/2026 PB (50m pool): 05:18.01SB: 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		00:32.41		01:10.18		01:49.67		02:28.99
	00:32.41		00:37.77		00:39.49		00:39.32	
								
	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		03:08.44		03:47.55		04:25.82		05:01.80
	00:39.45		00:39.11		00:38.27		00:35.98	
								

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 11:32
Heat: 7/14 Lane : 4 Athlete: LAUWERS SOFIE			Q-time: 00:35:65
PB (25m pool): 00:36.03 Diksmuide 17/11/2024			PB (50m pool): 00:35.65 SB: no time
	2 5 M	5 0 M	
PB		00:36.03	
		00:36.03	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 11:35
Heat: 9/14 Lane : 8 Athlete: CAMPFORTS FIEN			Q-time: 00:34:95
PB (25m pool): 00:35.32 Nijlen 16/11/2025			PB (50m pool): 00:34.95 SB: no time
	2 5 M	5 0 M	
PB		00:35.32	
		00:35.32	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 11:36
Heat: 10/14 Lane : 3 Athlete: DIERCKX ASTRID			Q-time: 00:33:51
PB (25m pool): 00:34.20 Sportoase De Watermolen 21/07/2026			PB (50m pool): 00:33.51 SB: no time
	2 5 M	5 0 M	
PB		00:34.20	
		00:34.20	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:1, starttime: 11:41
Heat: 1/6 Lane : 5 Athlete: STABEL JONATHAN			Q-time: 00:38:84
PB (25m pool): 00:38.84 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:39.22 SB: no time
	2 5 M	5 0 M	
PB		00:38.84	
		00:38.84	
			

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Event number: 8: 50M BACKSTROKE MEN 13+			Heat:2, starttime: 11:43
Heat: 2/6 Lane : 8 Athlete: REYMEN RHUNE			Q-time: 00:38:70
PB (25m pool): 00:38.70 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:39.27 SB: no time			
	2 5 M	5 0 M	
PB		00:38.70	
		00:38.70	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:5, starttime: 11:48
Heat: 5/6 Lane : 4 Athlete: VAN DYCK BRAM			Q-time: 00:28:75
PB (25m pool): 00:27.94 Geel 19/02/2023 PB (50m pool): 00:28.58 SB: no time			
	2 5 M	5 0 M	
PB		00:27.94	
		00:27.94	
			

Coach feedback: