

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

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

Coaches: Verstappen Emma

Coaches: Van de Weyer Rune

Coaches: Fobelets Jos

Coaches: Van Olmen Jill

Coaches: Mertens Wenke

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:2, starttime: 09:06
Heat: 2/14 Lane : 1 Athlete: VAN WAELDEREN KAREL					Q-time: 01:18:84
PB (25m pool): 01:18.84 Herentals 09/05/2026 PB (50m pool): 01:20.76 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.04		01:18.84	
		00:39.04		00:39.80	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:15
Heat: 7/14 Lane : 7 Athlete: BREBELS NIELS					Q-time: 01:05:57
PB (25m pool): 01:05.57 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:08.44 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.51		01:05.57	
		00:31.51		00:34.06	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:8, starttime: 09:16
Heat: 8/14 Lane : 5 Athlete: JANSSENS TALLE					Q-time: 01:02:67
PB (25m pool): 01:01.70 Aartselaar 01/11/2024 PB (50m pool): 01:02.27 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.49		01:01.70	
		00:30.49		00:31.21	
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:8, starttime: 09:16
Heat: 8/14 Lane : 7 Athlete: CEUPPENS MATS					Q-time: 01:04:03
PB (25m pool): 01:04.03 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:03.99 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.58		01:04.03	
	00:30.58		00:33.45		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:11, starttime: 09:21
Heat: 11/14 Lane : 1 Athlete: SLUYTS TIBE					Q-time: 00:58:09
PB (25m pool): 00:58.09 Heist-op-den-Berg 10/01/2026 PB (50m pool): 00:58.37 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.76		00:58.09	
	00:27.76		00:30.33		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:11, starttime: 09:21
Heat: 11/14 Lane : 2 Athlete: SLUYTS JENNE					Q-time: 00:57:28
PB (25m pool): 00:57.28 Heist-op-den-Berg 10/01/2026 PB (50m pool): 00:57.38 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.48		00:57.28	
	00:27.48		00:29.80		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:11, starttime: 09:21
Heat: 11/14 Lane : 3 Athlete: GYULNAZARYAN MAX					Q-time: 00:56:63
PB (25m pool): 00:56.63 Herentals 09/05/2026 PB (50m pool): 00:57.96 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.22		00:56.63	
	00:27.22		00:29.41		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:13, starttime: 09:24
Heat: 13/14 Lane : 6 Athlete: JARNE HAESENDONCKX					Q-time: 00:54:21
PB (25m pool): 00:54.21 TEMSE 23/11/2025					PB (50m pool): 00:55.56 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.69		00:54.21	
	00:25.69		00:28.52		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:14, starttime: 09:25
Heat: 14/14 Lane : 3 Athlete: VAN WAELDEREN THOMAS					Q-time: 00:52:02
PB (25m pool): 00:52.02 Hasselt 04/05/2025					PB (50m pool): 00:53.15 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.20		00:52.02	
	00:25.20		00:26.82		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:11, starttime: 10:04
Heat: 11/14 Lane : 1 Athlete: LEMMENS FEBE							Q-time: 02:41:49
PB (25m pool): 02:41.49 3500 Hasselt 23/11/2025							PB (50m pool): 02:45.25 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5
PB		00:32.29		01:14.18		02:03.89	02:41.49
	00:32.29		00:41.89		00:49.71		00:37.60
							

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:11, starttime: 10:04
Heat: 11/14 Lane : 8 Athlete: VAN AERSCHOT NEL							Q-time: 02:41:88
PB (25m pool): 02:41.88 3500 Hasselt 23/11/2025							PB (50m pool): 02:46.54 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5
PB		00:33.62		01:14.27		02:03.36	02:41.88
	00:33.62		00:40.65		00:49.09		00:38.52
							

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:13, starttime: 10:10	
Heat: 13/14 Lane : 2 Athlete: VINGERHOETS MADELIEF							Q-time: 02:34:73	
PB (25m pool): 02:33.78 3500 Hasselt 24/11/2024				PB (50m pool): 02:36.93SB: 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		00:34.53		01:14.77		01:58.65		02:33.78
	00:34.53		00:40.24		00:43.88		00:35.13	
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:2, starttime: 10:19
Heat: 2/6 Lane : 1 Athlete: BREBELS NIELS				Q-time: 01:33:05	
PB (25m pool): 01:40.42 Arendonk 01/12/2024			PB (50m pool): 01:33.05 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.81		01:40.42	
	00:48.81		00:51.61		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:3, starttime: 10:21
Heat: 3/6 Lane : 8 Athlete: CEUPPENS MATS				Q-time: 01:25:09	
PB (25m pool): 01:25.09 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:27.50 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.13		01:25.09	
	00:40.13		00:44.96		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:4, starttime: 10:23
Heat: 4/6 Lane : 8 Athlete: JANSSENS TALLE				Q-time: 01:18:98	
PB (25m pool): 01:19.88 Heist Op Den Berg 11/01/2025				PB (50m pool): 01:18.98 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.34		01:19.88	
	00:38.34		00:41.54		
					

Coach feedback:

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Event number: 6: 400M FREESTYLE MEN 13+							Heat:1, starttime: 11:07	
Heat: 1/3 Lane : 5 Athlete: BREBELS NIELS							Q-time: 05:06:56	
PB (25m pool): no time			PB (50m pool): 05:06.56 SB: 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		no time		no time		no time
	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		no time
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+										Heat:11, starttime: 11:37	
Heat: 11/14 Lane : 2 Athlete: VAN AERSCHOT NEL										Q-time: 00:32:42	
PB (25m pool): 00:32.42 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:32.40 SB: no time											
	2 5 M		5 0 M								
PB			00:32.42								
			00:32.42								
											

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+										Heat:12, starttime: 11:38	
Heat: 12/14 Lane : 4 Athlete: LEMMENS FEBE									Q-time: 00:30:78		
PB (25m pool): 00:30.78 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:30.73 SB: no time											
	2 5 M		5 0 M								
PB			00:30.78								
			00:30.78								
											

Coach feedback:

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Event number: 8: 50M BACKSTROKE MEN 13+			Heat:4, starttime: 11:46
Heat: 4/6 Lane : 1 Athlete: CEUPPENS MATS			Q-time: 00:32:39
PB (25m pool): 00:32.39 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:33.78 SB: no time			
	2 5 M	5 0 M	
PB		00:32.39	
		00:32.39	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:4, starttime: 11:46
Heat: 4/6 Lane : 2 Athlete: GYULNAZARYAN MAX			Q-time: 00:31:63
PB (25m pool): 00:31.63 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:33.74 SB: no time			
	2 5 M	5 0 M	
PB		00:31.63	
		00:31.63	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:4, starttime: 11:46
Heat: 4/6 Lane : 5 Athlete: SLUYTS JENNE			Q-time: 00:31:04
PB (25m pool): 00:31.04 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:32.03 SB: no time			
	2 5 M	5 0 M	
PB		00:31.04	
		00:31.04	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:5, starttime: 11:48
Heat: 5/6 Lane : 7 Athlete: SLUYTS TIBE			Q-time: 00:30:43
PB (25m pool): 00:30.43 Antwerpen 12/10/2025 PB (50m pool): 00:29.82 SB: no time			
	2 5 M	5 0 M	
PB		00:30.43	
		00:30.43	
			

Coach feedback:

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Event number: 8: 50M BACKSTROKE MEN 13+			Heat:6, starttime: 11:49
Heat: 6/6 Lane : 1 Athlete: JARNE HAESENDONCKX			Q-time: 00:28:36
PB (25m pool): 00:28.36 Gent 09/11/2025			PB (50m pool): 00:29.76 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:6, starttime: 11:49
Heat: 6/6 Lane : 3 Athlete: VAN WAELDEREN THOMAS			Q-time: 00:27:41
PB (25m pool): 00:27.41 Antwerpen 12/10/2025			PB (50m pool): 00:28.91 SB: no time
	2 5 M	5 0 M	
PB		00:27.41	
		00:27.41	
			

Coach feedback: