

PK Antw KB 26: Session: 2: COACH evaluation sheet for TEAM: HOZT

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:10
Heat: 2/17 Lane : 4 Athlete: VAN DIJCK LOTTE					Q-time: 01:20:86
PB (25m pool): 01:20.86 2370 Arendonk 21/12/2025					PB (50m pool): 01:20.97 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.36		01:20.86	
		00:39.36		00:41.50	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:22
Heat: 9/17 Lane : 3 Athlete: MELIS FEE					Q-time: 01:08:56
PB (25m pool): 01:09.56 Herentals 09/05/2026					PB (50m pool): 01:09.29 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.42		01:09.56	
		00:33.42		00:36.14	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:15, starttime: 14:32
Heat: 15/17 Lane : 8 Athlete: VAN BOCKSTAL YOANNA					Q-time: 01:02:69
PB (25m pool): 01:02.69 Nijlen 16/11/2025					PB (50m pool): 01:03.76 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.40		01:02.69	
		00:29.40		00:33.29	
					

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:5, starttime: 14:52	
Heat: 5/10 Lane : 4 Athlete: DOCHITA EDUARD							Q-time: 02:47:10	
PB (25m pool): 02:48.91 Mol 28/12/2025				PB (50m pool): 02:46.74SB: 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		00:40.39		01:21.51		02:10.04		02:48.91
	00:40.39		00:41.12		00:48.53		00:38.87	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:7, starttime: 14:59	
Heat: 7/10 Lane : 6 Athlete: KEUSTERMANS LARD							Q-time: 02:30:53	
PB (25m pool): 02:30.53 Mol 28/12/2025				PB (50m pool): 02:28.06SB: 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		00:34.58		01:12.65		01:55.57		02:30.53
	00:34.58		00:38.07		00:42.92		00:34.96	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:8, starttime: 15:02	
Heat: 8/10 Lane : 2 Athlete: COUVREUR FRED							Q-time: 02:28:18	
PB (25m pool): 02:28.18 Arendonk 31/05/2026				PB (50m pool): 02:32.94SB: 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		00:32.33		no time		no time		02:28.18
	00:32.33							
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:5, starttime: 15:20
Heat: 5/7 Lane : 7 Athlete: GRAHAM JIL				Q-time: 01:22:94	
PB (25m pool): 01:22.94 Herentals 09/05/2026			PB (50m pool): 01:26.25SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.10		01:22.94	
	00:39.10		00:43.84		
					

Coach feedback:

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Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:6, starttime: 15:22
Heat: 6/7 Lane : 8 Athlete: ROMBOUTS FLOOR					Q-time: 01:20:45
PB (25m pool): 01:20.45 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:22.51 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.67		01:20.45	
	00:38.67		00:41.78		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:7, starttime: 15:24
Heat: 7/7 Lane : 1 Athlete: MELIS VLINDER					Q-time: 01:16:45
PB (25m pool): 01:17.49 2370 Arendonk 21/12/2025					PB (50m pool): 01:22.14 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.12		01:17.49	
	00:36.12		00:41.37		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:7, starttime: 15:24
Heat: 7/7 Lane : 6 Athlete: WILLAERT AYLA					Q-time: 01:14:63
PB (25m pool): 01:13.70 Nijlen 17/11/2024					PB (50m pool): 01:15.32 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.06		01:13.70	
	00:35.06		00:38.64		
					

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:3, starttime: 15:49	
Heat: 3/4 Lane : 5 Athlete: COUVREUR FRED							Q-time: 02:27:81	
PB (25m pool): 02:27.81 TEMSE 23/11/2025			PB (50m pool): 02:31.47 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		00:35.43		01:13.01		01:50.40		02:27.81
	00:35.43		00:37.58		00:37.39		00:37.41	
								

Coach feedback:

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Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 16:08	
Heat: 3/3 Lane : 3 Athlete: GRAHAM JIL							Q-time: 04:38:88	
PB (25m pool): 04:32.08 Leuven 20/10/2024				PB (50m pool): 04:32.20SB: 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		00:31.24		01:04.88		01:39.09		02:13.48
	00:31.24		00:33.64		00:34.21		00:34.39	
								
	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		02:47.70		03:22.76		03:57.72		04:32.08
	00:34.22		00:35.06		00:34.96		00:34.36	
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:5, starttime: 16:19	
Heat: 5/12 Lane : 2 Athlete: DOCHITA EDUARD							Q-time: 00:35:42	
PB (25m pool): 00:35.42 Herentals 09/05/2026							PB (50m pool): 00:36.50 SB: no time	
	2 5 M		5 0 M					
PB			00:35.42					
	00:35.42							
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+										Heat:7, starttime: 16:21	
Heat: 7/12 Lane : 1 Athlete: KEUSTERMANS LARD									Q-time: 00:31:67		
PB (25m pool): 00:31.67 Herentals 09/05/2026					PB (50m pool): 00:32.29 SB: no time						
	2 5 M		5 0 M								
PB			00:31.67								
	00:31.67										
											

Coach feedback:

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Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:5, starttime: 16:35
Heat: 5/8 Lane : 1 Athlete: ROMBOUTS FLOOR			Q-time: 00:35:06
PB (25m pool): 00:35.06 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:35.14 SB: no time
	2 5 M	5 0 M	
PB		00:35.06	
		00:35.06	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:7, starttime: 16:38
Heat: 7/8 Lane : 5 Athlete: WILLAERT AYLA			Q-time: 00:31:63
PB (25m pool): 00:31.46 Gent(Sint-Amandsberg) 11/11/2024			PB (50m pool): 00:32.05 SB: no time
	2 5 M	5 0 M	
PB		00:31.46	
		00:31.46	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:7, starttime: 16:38
Heat: 7/8 Lane : 6 Athlete: MELIS VLINDER			Q-time: 00:31:74
PB (25m pool): 00:31.94 Sinbad 22/07/2025			PB (50m pool): 00:32.07 SB: no time
	2 5 M	5 0 M	
PB		00:31.94	
		00:31.94	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:7, starttime: 16:38
Heat: 7/8 Lane : 7 Athlete: VAN BOCKSTAL YOANNA			Q-time: 00:32:45
PB (25m pool): 00:32.45 Herentals 09/05/2026			PB (50m pool): 00:33.00 SB: no time
	2 5 M	5 0 M	
PB		00:32.45	
		00:32.45	
			

Coach feedback:

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Event number: 18: 4x50M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:54	
Heat: 2/2 Lane : 3 Athlete: TEAM HOZT 1							Q-time: 01:54:60	
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback: