

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

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 10: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:15
Heat: 5/17 Lane : 4 Athlete: ROZIERIS LILY					Q-time: 01:14:59
PB (25m pool): 01:14.59 Tremelo 24/05/2026					PB (50m pool): 01:16.22 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.84		01:14.59	
		00:35.84		00:38.75	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:19
Heat: 7/17 Lane : 3 Athlete: VAN ROMPAEY LORE					Q-time: 01:11:49
PB (25m pool): 01:13.34 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:11.49 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.64		01:13.34	
		00:35.64		00:37.70	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:20
Heat: 8/17 Lane : 4 Athlete: FAES ELYNE					Q-time: 01:09:10
PB (25m pool): 01:09.10 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:09.58 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.68		01:09.10	
		00:33.68		00:35.42	
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:22
Heat: 9/17 Lane : 4 Athlete: VANDERWEYDEN LAURE					Q-time: 01:08:41
PB (25m pool): 01:08.41 Herentals 17/05/2025					PB (50m pool): 01:08.93 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.85		01:08.41	
	00:33.85		00:34.56		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:24
Heat: 10/17 Lane : 2 Athlete: DE BOCK MARIE					Q-time: 01:07:84
PB (25m pool): 01:08.26 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:07.84 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.84		01:08.26	
	00:32.84		00:35.42		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:25
Heat: 11/17 Lane : 4 Athlete: VAN DE WOUWER MYRTHE					Q-time: 01:06:71
PB (25m pool): 01:06.71 Herentals 09/05/2026					PB (50m pool): 01:08.69 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.88		01:06.71	
	00:32.88		00:33.83		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:17, starttime: 14:35
Heat: 17/17 Lane : 7 Athlete: ROMBOUT LISA					Q-time: 00:59:33
PB (25m pool): 00:59.11 Heist o/d Berg 06/01/2019					PB (50m pool): 00:59.70 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:59.11	
	no time				
					

Coach feedback:

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Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:18
Heat: 4/7 Lane : 3 Athlete: VANDERWEYDEN LAURE					Q-time: 01:24:04
PB (25m pool): 01:24.04 Nijlen 01/03/2026					PB (50m pool): 01:25.82 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.33		01:24.04	
	00:39.33		00:44.71		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:7, starttime: 15:24
Heat: 7/7 Lane : 3 Athlete: STRUYF LIESELOT					Q-time: 01:13:92
PB (25m pool): 01:13.92 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:16.88 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.92		01:13.92	
	00:34.92		00:39.00		
					

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 16:03
Heat: 2/3 Lane : 7 Athlete: VAN DE WOUWER MYRTHE							Q-time: 05:04:69
PB (25m pool): 05:04.69 Aarschot 26/04/2026							PB (50m pool): 05:11.95 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
PB		00:34.67		01:12.62		01:51.97	02:31.22
	00:34.67		00:37.95		00:39.35		00:39.25
							
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5
PB		03:10.51		03:50.21		04:28.89	05:04.69
	00:39.29		00:39.70		00:38.68		00:35.80
							

Coach feedback: