

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

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 9: 200M BUTTERFLY MEN 13+							Heat:1, starttime: 14:00	
Heat: 1/2 Lane : 6 Athlete: LEYSEN JEROEN							Q-time: 02:54:75	
PB (25m pool): 02:54.75 Parklaan 58, Turnhout 29/03/2026							PB (50m pool): 03:06.79 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		00:38.28		01:23.77		no time		02:54.75
	00:38.28		00:45.49					
								

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+							Heat:3, starttime: 14:12	
Heat: 3/17 Lane : 5 Athlete: LUKIN ARINA							Q-time: 01:18:41	
PB (25m pool): 01:19.44 Turnhout 01/03/2026							PB (50m pool): 01:18.41 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:38.10		01:19.44				
	00:38.10		00:41.34					
								

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+							Heat:3, starttime: 14:12		
Heat: 3/17 Lane : 8 Athlete: VAN MECHELEN LUNA							Q-time: 01:20:23		
PB (25m pool): 01:20.23 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:20.70 SB: no time									
	2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			00:37.20				01:20.23		
	00:37.20				00:43.03				
									

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:22
Heat: 9/17 Lane : 5 Athlete: DIERCKX ASTRID					Q-time: 01:08:54
PB (25m pool): 01:09.85 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:08.54 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.93		01:09.85	
	00:33.93		00:35.92		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:24
Heat: 10/17 Lane : 4 Athlete: VAN MECHELEN ZOë					Q-time: 01:07:63
PB (25m pool): 01:07.63 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:11.39 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.03		01:07.63	
	00:33.03		00:34.60		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:13, starttime: 14:29
Heat: 13/17 Lane : 2 Athlete: LAUWERS SOFIE					Q-time: 01:04:54
PB (25m pool): 01:04.54 Sinbad 22/07/2025 PB (50m pool): 01:04.80 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.91		01:04.54	
	00:30.91		00:33.63		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:13, starttime: 14:29
Heat: 13/17 Lane : 6 Athlete: CAMPFORTS FIEN					Q-time: 01:04:43
PB (25m pool): 01:04.43 Zwembad De Motte 14/07/2026 PB (50m pool): 01:08.62 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.61		01:04.43	
	00:30.61		00:33.82		
					

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:5, starttime: 14:52	
Heat: 5/10 Lane : 7 Athlete: REYMEN RHUNE							Q-time: 02:52:91	
PB (25m pool): 02:52.91 Parklaan 58, Turnhout 29/03/2026 PB (50m pool): 02:59.89SB: 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		00:38.38		no time		no time		02:52.91
	00:38.38							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:6, starttime: 14:55	
Heat: 6/10 Lane : 4 Athlete: LEYSEN JEROEN							Q-time: 02:40:18	
PB (25m pool): 02:42.86 Parklaan 58, Turnhout 29/03/2026 PB (50m pool): 02:40.18 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		00:34.18		no time		no time		02:42.86
	00:34.18							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:6, starttime: 14:55	
Heat: 6/10 Lane : 6 Athlete: LEYSEN BENJAMIN							Q-time: 02:44:99	
PB (25m pool): 02:45.63 Lier 04/04/2026							PB (50m pool): 02:44.99 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		00:35.84		no time		no time		02:45.63
	00:35.84							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:8, starttime: 15:02	
Heat: 8/10 Lane : 1 Athlete: STABEL JASPER							Q-time: 02:28:52	
PB (25m pool): 02:28.52 Heist-op-den-Berg 10/01/2026							PB (50m pool): 02:30.54 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:32.06		no time		no time		02:28.52
	00:32.06							
								

Coach feedback:

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Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:18
Heat: 4/7 Lane : 2 Athlete: CAMPFORTS FIEN					Q-time: 01:24:75
PB (25m pool): 01:24.75 Zwembad De Motte 14/07/2026					PB (50m pool): 01:26.77 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.48		01:24.75	
	00:39.48		00:45.27		
					

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:1, starttime: 15:41	
Heat: 1/4 Lane : 5 Athlete: STABEL JONATHAN							Q-time: 03:00:74	
PB (25m pool): 03:00.74 Mol 28/12/2025				PB (50m pool): 03:04.24SB: 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		00:42.11		01:28.67		02:15.21		03:00.74
	00:42.11		00:46.56		00:46.54		00:45.53	
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+					Heat:3, starttime: 16:17
Heat: 3/12 Lane : 1 Athlete: REYMEN RHUNE					Q-time: 00:39:08
PB (25m pool): 00:40.04 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 00:39.08 SB: no time
	2 5 M	5 0 M			
PB		00:40.04			
	00:40.04				
					

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+					Heat:3, starttime: 16:17
Heat: 3/12 Lane : 5 Athlete: STABEL JONATHAN					Q-time: 00:37:82
PB (25m pool): 00:37.82 Herentals 09/05/2026					PB (50m pool): 00:37.93 SB: no time
	2 5 M	5 0 M			
PB		00:37.82			
	00:37.82				
					

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+							Heat:5, starttime: 16:19	
Heat: 5/12 Lane : 8 Athlete: LEYSEN BENJAMIN							Q-time: 00:35:86	
PB (25m pool): 00:35.86 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:36.38 SB: no time								
	2 5 M		5 0 M					
PB			00:35.86					
	00:35.86							
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:9, starttime: 16:23	
Heat: 9/12 Lane : 7 Athlete: STABEL JASPER							Q-time: 00:28:99	
PB (25m pool): 00:28.99 Herentals 09/05/2026							PB (50m pool): 00:29.68 SB: no time	
	2 5 M		5 0 M					
PB			00:28.99					
	00:28.99							
								

Coach feedback:

Event number: 17: 4x50M FREESTYLE MEN 11+							Heat:1, starttime: 16:46	
Heat: 1/2 Lane : 3 Athlete: TEAM KST 1							Q-time: 02:00:43	
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: