

PK Antw KB 26: Session: 3: COACH evaluation sheet for TEAM: HOZT

Coachinfo: Warming up from: 08:00 untill 08:50. 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: 19: 100M MEDLEY MEN 11+					Heat:4, starttime: 09:07
Heat: 4/8 Lane : 3 Athlete: DOCHITA EDUARD					Q-time: 01:16:80
PB (25m pool): 01:16.80 Herentals 09/05/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.33		01:16.80	
		00:35.33		00:41.47	
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:5, starttime: 09:08
Heat: 5/8 Lane : 7 Athlete: COUVREUR FRED					Q-time: 01:13:28
PB (25m pool): 01:13.28 Hoogstraten 28/09/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:13.28	
		no time			
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:9, starttime: 09:40	
Heat: 9/10 Lane : 1 Athlete: VAN BOCKSTAL YOANNA							Q-time: 02:14:24	
PB (25m pool): 02:14.24 Temse 17/11/2025				PB (50m pool): 02:18.85SB: 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		00:30.15		01:04.12		01:38.91		02:14.24
	00:30.15		00:33.97		00:34.79		00:35.33	
								

Coach feedback:

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Event number: 21: 100M BUTTERFLY MEN 13+					Heat:3, starttime: 09:50
Heat: 3/7 Lane : 4 Athlete: KEUSTERMANS LARD					Q-time: 01:11:78
PB (25m pool): 01:11.78 Temse 17/11/2025					PB (50m pool): 01:09.51 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.37		01:11.78	
	00:33.37		00:38.41		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:5, starttime: 10:09
Heat: 5/6 Lane : 7 Athlete: VAN DIJCK LOTTE					Q-time: 01:36:36
PB (25m pool): 01:36.36 2370 Arendonk 21/12/2025					PB (50m pool): 01:35.86 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.80		01:36.36	
	00:46.80		00:49.56		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:6, starttime: 10:11
Heat: 6/6 Lane : 4 Athlete: MELIS FEE					Q-time: 01:23:74
PB (25m pool): 01:23.74 Herentals 09/05/2026					PB (50m pool): 01:25.83 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.35		01:23.74	
	00:39.35		00:44.39		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 10:23
Heat: 5/9 Lane : 4 Athlete: DOCHITA EDUARD					Q-time: 01:17:69
PB (25m pool): 01:17.69 Herentals 09/05/2026					PB (50m pool): 01:17.07 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.60		01:17.69	
	00:37.60		00:40.09		
					

Coach feedback:

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Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:4, starttime: 11:02	
Heat: 4/4 Lane : 1 Athlete: MELIS VLINDER							Q-time: 02:51:96	
PB (25m pool): 02:51.96 TEMSE 23/11/2025				PB (50m pool): 02:58.82SB: 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		00:38.69		01:22.78		02:07.53		02:51.96
	00:38.69		00:44.09		00:44.75		00:44.43	
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:4, starttime: 11:02	
Heat: 4/4 Lane : 4 Athlete: WILLAERT AYLA							Q-time: 02:39:74	
PB (25m pool): 02:39.40 LAGO Zwevegem 20/05/2024				PB (50m pool): 02:42.62SB: 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		no time		no time		no time		02:39.40
	no time							
								

Coach feedback:

Event number: 25: 400M MEDLEY MEN 13+							Heat:1, starttime: 11:06	
Heat: 1/1 Lane : 7 Athlete: COUVREUR FRED							Q-time: 05:23:78	
PB (25m pool): 05:23.78 Antwerpen 12/10/2025				PB (50m pool): 05:24.53SB: 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		00:36.93		01:20.61		02:01.51		02:40.87
	00:36.93		00:43.68		00:40.90		00:39.36	
								
	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		03:26.01		04:11.80		04:49.08		05:23.78
	00:45.14		00:45.79		00:37.28		00:34.70	
								

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:10, starttime: 11:22
Heat: 10/12 Lane : 4 Athlete: VAN BOCKSTAL YOANNA			Q-time: 00:28:51
PB (25m pool): 00:28.51 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:29.51 SB: no time
	2 5 M	5 0 M	
PB		00:28.51	
		00:28.51	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:11, starttime: 11:23
Heat: 11/12 Lane : 3 Athlete: WILLAERT AYLA			Q-time: 00:27:82
PB (25m pool): 00:27.03 Eeklo 01/04/2024			PB (50m pool): 00:27.36 SB: no time
	2 5 M	5 0 M	
PB		00:27.03	
		00:27.03	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 11:26
Heat: 2/6 Lane : 5 Athlete: KEUSTERMANS LARD			Q-time: 00:37:36
PB (25m pool): 00:37.74 Sint-Amandsberg 27/10/2024			PB (50m pool): 00:38.05 SB: no time
	2 5 M	5 0 M	
PB		00:37.74	
		00:37.74	
			

Coach feedback: