

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

Coachinfo: Warming up from: 08:00 untill 08:50. 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: 19: 100M MEDLEY MEN 11+					Heat:2, starttime: 09:03
Heat: 2/8 Lane : 3 Athlete: BATS YVAN					Q-time: 01:31:87
PB (25m pool): 01:31.87 Aarschot 04/05/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:31.87	
	no time				
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:5, starttime: 09:29	
Heat: 5/10 Lane : 8 Athlete: VAN ESPEN LOTTE							Q-time: 02:28:06	
PB (25m pool): 02:24.13 Aartselaar 01/11/2024				PB (50m pool): 02:29.64 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		00:32.51		01:09.43		no time		02:24.13
	00:32.51		00:36.92					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:6, starttime: 09:32	
Heat: 6/10 Lane : 8 Athlete: VAN DE WOUWER MYRTHE							Q-time: 02:24:28	
PB (25m pool): 02:24.28 Aarschot 26/04/2026				PB (50m pool): 02:29.10 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		00:34.04		01:10.92		no time		02:24.28
	00:34.04		00:36.88					
								

Coach feedback:

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Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:4, starttime: 10:06
Heat: 4/6 Lane : 6 Athlete: ROZIERIS LILY					Q-time: 01:38:72
PB (25m pool): 01:38.72 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:36.95 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.08		01:38.72	
	00:48.08		00:50.64		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 10:21
Heat: 4/9 Lane : 1 Athlete: BATS YVAN					Q-time: 01:21:98
PB (25m pool): 01:21.98 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		00:40.37		01:21.98	
	00:40.37		00:41.61		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:9, starttime: 10:32
Heat: 9/9 Lane : 1 Athlete: DE CUYPER LENS					Q-time: 01:02:73
PB (25m pool): 01:02.73 LEUVEN 21/12/2025					PB (50m pool): 01:05.58 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.77		01:02.73	
	00:30.77		00:31.96		
					

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:4, starttime: 11:02	
Heat: 4/4 Lane : 6 Athlete: STRUYF LIESELOT							Q-time: 02:51:79	
PB (25m pool): 02:47.15 LEUVEN - Sportoase 22/12/2024							PB (50m pool): 02:51.79 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		00:36.68		01:18.85		02:03.00		02:47.15
	00:36.68		00:42.17		00:44.15		00:44.15	
								

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:5, starttime: 11:16
Heat: 5/12 Lane : 7 Athlete: VANDERWEYDEN LAURE			Q-time: 00:31:35
PB (25m pool): 00:31.35 LEUVEN 23/11/2025			PB (50m pool): 00:31.56 SB: no time
	2 5 M	5 0 M	
PB		00:31.35	
		00:31.35	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:5, starttime: 11:16
Heat: 5/12 Lane : 8 Athlete: VAN DE WOUWER MYRTHE			Q-time: 00:31:49
PB (25m pool): 00:31.62 Aarschot 04/05/2025			PB (50m pool): 00:31.49 SB: no time
	2 5 M	5 0 M	
PB		00:31.62	
		00:31.62	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:9, starttime: 11:21
Heat: 9/12 Lane : 2 Athlete: VAN ESPEN LOTTE			Q-time: 00:29:23
PB (25m pool): 00:28.63 Turnhout 03/03/2024			PB (50m pool): 00:29.44 SB: no time
	2 5 M	5 0 M	
PB		00:28.63	
		00:28.63	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:4, starttime: 11:28
Heat: 4/6 Lane : 4 Athlete: DE CUYPER LENS			Q-time: 00:32:97
PB (25m pool): 00:32.84 Stedelijk Zwembad Geel 11/02/2024			PB (50m pool): 00:33.79 SB: no time
	2 5 M	5 0 M	
PB		00:32.84	
		00:32.84	
			

Coach feedback: