

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

Coachinfo: Warming up from: 08:00 untill 08:50. 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: 19: 100M MEDLEY MEN 11+					Heat:1, starttime: 09:00
Heat: 1/8 Lane : 6 Athlete: SAZONOV VICTOR					Q-time: 01:41:20
PB (25m pool): 01:41.20 Arendonk 30/11/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:41.20	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:2, starttime: 09:03
Heat: 2/8 Lane : 2 Athlete: REYMEN RHUNE					Q-time: 01:33:50
PB (25m pool): 01:33.50 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.89		01:33.50	
	00:43.89 00:49.61				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:4, starttime: 09:07
Heat: 4/8 Lane : 4 Athlete: LEYSEN BENJAMIN					Q-time: 01:15:34
PB (25m pool): 01:15.34 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		00:35.70		01:15.34	
	00:35.70 00:39.64				
					

Coach feedback:

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

Event number: 19: 100M MEDLEY MEN 11+					Heat:6, starttime: 09:10
Heat: 6/8 Lane : 3 Athlete: STABEL JASPER					Q-time: 01:06:50
PB (25m pool): 01:06.50 Aarschot 27/07/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:06.50	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:7, starttime: 09:12
Heat: 7/8 Lane : 4 Athlete: SAZONOV FEDOR					Q-time: 01:01:53
PB (25m pool): 01:01.53 Mol 28/12/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.26		01:01.53	
	00:29.26		00:32.27		
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+						Heat:1, starttime: 09:15		
Heat: 1/10 Lane : 3 Athlete: VAN MECHELEN LUNA						Q-time: 03:04:41		
PB (25m pool): 03:12.53 Antwerpen 12/10/2025						PB (50m pool): 03:04.41 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		00:41.95		01:30.43		02:21.94		03:12.53
	00:41.95		00:48.48		00:51.51		00:50.59	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+						Heat:3, starttime: 09:22		
Heat: 3/10 Lane : 2 Athlete: VAN MECHELEN ZOë						Q-time: 02:36:90		
PB (25m pool): 02:36.90 Antwerpen 12/10/2025						PB (50m pool): 02:37.03 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		00:36.12		01:16.86		01:58.16		02:36.90
	00:36.12		00:40.74		00:41.30		00:38.74	
								

Coach feedback:

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

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:8, starttime: 09:37	
Heat: 8/10 Lane : 8 Athlete: LAUWERS SOFIE							Q-time: 02:18:46	
PB (25m pool): 02:18.46 Parklaan 58, Turnhout 30/03/2025							PB (50m pool): 02:22.14 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		00:30.88		01:05.10		no time		02:18.46
	00:30.88		00:34.22					
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+						Heat:2, starttime: 09:48	
Heat: 2/7 Lane : 4 Athlete: LEYSEN JEROEN					Q-time: 01:15:07		
PB (25m pool): 01:15.07 Herentals 09/05/2026						PB (50m pool): 01:20.53 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M			
PB		00:34.31		01:15.07			
	00:34.31		00:40.76				
							

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+						Heat:4, starttime: 09:52	
Heat: 4/7 Lane : 7 Athlete: DEBONDT MATS					Q-time: 01:09:38		
PB (25m pool): 01:09.38 Nijlen 16/11/2025						PB (50m pool): no time SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M			
PB		00:31.18		01:09.38			
	00:31.18		00:38.20				
							

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+						Heat:4, starttime: 09:52	
Heat: 4/7 Lane : 8 Athlete: STABEL JASPER					Q-time: 01:10:94		
PB (25m pool): 01:10.94 Heist-op-den-Berg 10/01/2026						PB (50m pool): 01:18.43 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M			
PB		00:31.95		01:10.94			
	00:31.95		00:38.99				
							

Coach feedback:

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

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:6, starttime: 10:11
Heat: 6/6 Lane : 3 Athlete: DIERCKX ASTRID					Q-time: 01:27:69
PB (25m pool): 01:27.69 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:28.64 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.82		01:27.69	
	00:41.82		00:45.87		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 10:16
Heat: 2/9 Lane : 1 Athlete: SAZONOV VICTOR					Q-time: 01:34:70
PB (25m pool): 01:38.21 Turnhout 01/03/2026 PB (50m pool): 01:34.70 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.11		01:38.21	
	00:47.11		00:51.10		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:19
Heat: 3/9 Lane : 5 Athlete: STABEL JONATHAN					Q-time: 01:22:62
PB (25m pool): 01:22.62 Herentals 09/05/2026 PB (50m pool): 01:22.69 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.71		01:22.62	
	00:39.71		00:42.91		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 10:23
Heat: 5/9 Lane : 1 Athlete: LEYSEN BENJAMIN					Q-time: 01:19:04
PB (25m pool): 01:19.04 Herentals 09/05/2026 PB (50m pool): 01:23.41 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.19		01:19.04	
	00:38.19		00:40.85		
					

Coach feedback:

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

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 10:30
Heat: 8/9 Lane : 8 Athlete: DEBONDT MATS					Q-time: 01:07:82
PB (25m pool): 01:07.82 Turnhout 01/03/2026					PB (50m pool): 01:10.03 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.27		01:07.82	
	00:33.27		00:34.55		
					

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:1, starttime: 10:49	
Heat: 1/4 Lane : 3 Athlete: VAN MECHELEN LUNA							Q-time: 04:12:25	
PB (25m pool): 04:20.47 Heist-op-den-Berg 10/01/2026							PB (50m pool): 04:12.25 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		00:57.40		02:05.22		no time		04:20.47
	00:57.40		01:07.82					
								

Coach feedback:

Event number: 25: 400M MEDLEY MEN 13+							Heat:1, starttime: 11:06	
Heat: 1/1 Lane : 8 Athlete: LEYSEN JEROEN							Q-time: 05:37:08	
PB (25m pool): 05:37.08 Sportoase De Watermolen 21/07/2026 PB (50m pool): 05:42.16SB: 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		00:34.66		01:19.67		02:02.85		02:46.34
	00:34.66		00:45.01		00:43.18		00:43.49	
								
	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		03:33.75		04:22.22		05:01.47		05:37.08
	00:47.41		00:48.47		00:39.25		00:35.61	
								

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:1, starttime: 11:12
Heat: 1/12 Lane : 4 Athlete: VAN MECHELEN LUNA			Q-time: 00:35:76
PB (25m pool): 00:38.72 Nijlen 16/11/2025			PB (50m pool): 00:35.76 SB: no time
	2 5 M	5 0 M	
PB		00:38.72	
		00:38.72	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:4, starttime: 11:15
Heat: 4/12 Lane : 2 Athlete: VAN MECHELEN ZOë			Q-time: 00:31:70
PB (25m pool): 00:31.70 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:32.18 SB: no time
	2 5 M	5 0 M	
PB		00:31.70	
		00:31.70	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:8, starttime: 11:20
Heat: 8/12 Lane : 2 Athlete: LAUWERS SOFIE			Q-time: 00:29:76
PB (25m pool): 00:29.76 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:30.30 SB: no time
	2 5 M	5 0 M	
PB		00:29.76	
		00:29.76	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:1, starttime: 11:25
Heat: 1/6 Lane : 2 Athlete: STABEL JONATHAN			Q-time: 00:43:01
PB (25m pool): 00:43.93 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:43.01 SB: no time
	2 5 M	5 0 M	
PB		00:43.93	
		00:43.93	
			

Coach feedback:

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Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:1, starttime: 11:25
Heat: 1/6 Lane : 7 Athlete: REYMEN RHUNE			Q-time: 00:43:40
PB (25m pool): 00:43.40 Herentals 09/05/2026			PB (50m pool): 00:44.32 SB: no time
	2 5 M	5 0 M	
PB		00:43.40	
		00:43.40	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 11:30
Heat: 5/6 Lane : 7 Athlete: SAZONOV FEDOR			Q-time: 00:32:68
PB (25m pool): 00:32.68 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 00:32.74 SB: no time
	2 5 M	5 0 M	
PB		00:32.68	
		00:32.68	
			

Coach feedback: