

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

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Verstappen Emma

Coaches: Van de Weyer Rune

Coaches: Fobelets Jos

Coaches: Van Olmen Jill

Coaches: Mertens Wenke

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 19: 100M MEDLEY MEN 11+					Heat:5, starttime: 09:08
Heat: 5/8 Lane : 2 Athlete: SLUYTS TIBE					Q-time: 01:12:43
PB (25m pool): 01:12.43 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		00:33.10		01:12.43	
	00:33.10		00:39.33		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:6, starttime: 09:10
Heat: 6/8 Lane : 5 Athlete: GYULNAZARYAN MAX					Q-time: 01:05:80
PB (25m pool): 01:05.80 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.64		01:05.80	
	00:30.64		00:35.16		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:6, starttime: 09:10
Heat: 6/8 Lane : 8 Athlete: SLUYTS JENNE					Q-time: 01:08:65
PB (25m pool): 01:08.65 Heist-op-den-Berg 10/01/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:08.65	
	no time				
					

Coach feedback:

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Event number: 19: 100M MEDLEY MEN 11+					Heat:8, starttime: 09:13
Heat: 8/8 Lane : 5 Athlete: VAN WAELDEREN THOMAS					Q-time: 00:57:95
PB (25m pool): 00:57.95 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		00:26.53		00:57.95	
	00:26.53		00:31.42		
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:4, starttime: 09:26	
Heat: 4/10 Lane : 5 Athlete: LAUREYS XANTE							Q-time: 02:28:81	
PB (25m pool): 02:28.81 Antwerpen 12/10/2025				PB (50m pool): no time 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		00:33.96		01:12.55		01:51.62		02:28.81
	00:33.96		00:38.59		00:39.07		00:37.19	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:5, starttime: 09:29	
Heat: 5/10 Lane : 6 Athlete: VAN WAELDEREN HANNE							Q-time: 02:26:72	
PB (25m pool): 02:26.72 Hasselt 04/05/2025							PB (50m pool): 02:28.48 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		00:34.68		01:11.98		01:49.99		02:26.72
	00:34.68		00:37.30		00:38.01		00:36.73	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:10, starttime: 09:43	
Heat: 10/10 Lane : 8 Athlete: VINGERHOETS MADELIEF							Q-time: 02:12:10	
PB (25m pool): 02:12.10 Nijlen 01/03/2026				PB (50m pool): 02:15.88 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		00:30.96		01:04.91		no time		02:12.10
	00:30.96		00:33.95					
								

Coach feedback:

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Event number: 21: 100M BUTTERFLY MEN 13+					Heat:6, starttime: 09:55
Heat: 6/7 Lane : 7 Athlete: GYULNAZARYAN MAX					Q-time: 01:01:65
PB (25m pool): 01:01.65 Herentals 09/05/2026					PB (50m pool): 01:02.71 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.78		01:01.65	
	00:28.78		00:32.87		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:7, starttime: 09:57
Heat: 7/7 Lane : 4 Athlete: VAN WAELDEREN THOMAS					Q-time: 00:56:43
PB (25m pool): 00:56.43 Herentals 09/05/2026					PB (50m pool): 00:57.57 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.41		00:56.43	
	00:26.41		00:30.02		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 10:13
Heat: 1/9 Lane : 5 Athlete: VAN WAELDEREN KAREL					Q-time: 01:37:05
PB (25m pool): 01:37.05 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:30.62 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.41		01:37.05	
	00:47.41		00:49.64		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 10:30
Heat: 8/9 Lane : 2 Athlete: SLUYTS JENNE					Q-time: 01:06:93
PB (25m pool): 01:06.93 Herentals 09/05/2026					PB (50m pool): 01:08.59 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.25		01:06.93	
	00:32.25		00:34.68		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:9, starttime: 10:32
Heat: 9/9 Lane : 2 Athlete: SLUYTS TIBE					Q-time: 01:01:98
PB (25m pool): 01:01.98 Herentals 09/05/2026					PB (50m pool): 01:03.77 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.36		01:01.98	
	00:30.36		00:31.62		
					

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 10:58	
Heat: 3/4 Lane : 6 Athlete: VAN WAELDEREN HANNE							Q-time: 02:58:03	
PB (25m pool): 02:55.94 3500 Hasselt 28/04/2024							PB (50m pool): 02:58.39SB: 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		02:55.94
	no time							
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 10:58	
Heat: 3/4 Lane : 8 Athlete: VAN ROOSBROECK YUNA							Q-time: 03:06:14	
PB (25m pool): 03:06.14 Antwerpen 12/10/2025				PB (50m pool): 03:05.55 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		00:41.26		01:28.50		02:18.39		03:06.14
	00:41.26		00:47.24		00:49.89		00:47.75	
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:6, starttime: 11:18	
Heat: 6/12 Lane : 6 Athlete: VAN WAELDEREN HANNE							Q-time: 00:30:99	
PB (25m pool): 00:30.99 Antwerpen 12/10/2025							PB (50m pool): 00:31.92 SB: no time	
	2 5 M		5 0 M					
PB			00:30.99					
	00:30.99							
								

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:7, starttime: 11:19
Heat: 7/12 Lane : 8 Athlete: VAN ROOSBROECK YUNA			Q-time: 00:30:68
PB (25m pool): 00:30.68 Antwerpen 12/10/2025			PB (50m pool): 00:31.28 SB: no time
	2 5 M	5 0 M	
PB		00:30.68	
		00:30.68	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:8, starttime: 11:20
Heat: 8/12 Lane : 6 Athlete: LAUREYS XANTE			Q-time: 00:29:65
PB (25m pool): 00:29.35 Arendonk 01/12/2024			PB (50m pool): 00:30.31 SB: no time
	2 5 M	5 0 M	
PB		00:29.35	
		00:29.35	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:10, starttime: 11:22
Heat: 10/12 Lane : 3 Athlete: VINGERHOETS MADELIEF			Q-time: 00:28:71
PB (25m pool): 00:28.71 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 00:29.39 SB: no time
	2 5 M	5 0 M	
PB		00:28.71	
		00:28.71	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:11, starttime: 11:23
Heat: 11/12 Lane : 2 Athlete: LEMMENS FEBE			Q-time: 00:28:24
PB (25m pool): 00:28.24 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:29.63 SB: no time
	2 5 M	5 0 M	
PB		00:28.24	
		00:28.24	
			

Coach feedback:

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Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:6, starttime: 11:31
Heat: 6/6 Lane : 2 Athlete: VAN WAELDEREN THOMAS			Q-time: 00:30:32
PB (25m pool): 00:30.32 Herentals 09/05/2026			PB (50m pool): 00:30.76 SB: no time
	2 5 M	5 0 M	
PB		00:30.32	
		00:30.32	
			

Coach feedback: