

PK Antw KB 26: Session: 4: COACH evaluation sheet for TEAM: HEST

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van Den Bulck Deborah HEADCOACH

Coaches: Van Dyck Line

Coaches: Bombois Ann

PB => Personal Best time

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

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 14:00
Heat: 1/11 Lane : 3 Athlete: VETTERS GLUZA NINA					Q-time: 01:48:49
PB (25m pool): 01:48.49 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		00:52.00		01:48.49	
	00:52.00		00:56.49		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:05
Heat: 3/11 Lane : 2 Athlete: VERBEEK FENNA					Q-time: 01:33:88
PB (25m pool): 01:33.88 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		01:33.88	
	no time				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:06
Heat: 1/14 Lane : 5 Athlete: VETTERS GLUZA NINA					Q-time: 01:51:11
PB (25m pool): 01:51.11 Aarschot 26/04/2026 PB (50m pool): 01:58.13 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.89		01:51.11	
	00:51.89		00:59.22		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 15:17
Heat: 5/14 Lane : 5 Athlete: VERBEEK FENNA					Q-time: 01:28:10
PB (25m pool): 01:28.10 Tremelo 24/05/2026					PB (50m pool): 01:31.31 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.45		01:28.10	
	00:45.45		00:42.65		
					

Coach feedback: