

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

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 28: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 14:09
Heat: 5/11 Lane : 6 Athlete: VAN DIJCK LOTTE					Q-time: 01:28:90
PB (25m pool): 01:28.90 Kalmthout 08/02/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:28.90	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 14:15
Heat: 8/11 Lane : 5 Athlete: MELIS FEE					Q-time: 01:17:31
PB (25m pool): 01:17.31 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		no time		01:17.31	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 14:18
Heat: 10/11 Lane : 4 Athlete: MELIS VLINDER					Q-time: 01:08:90
PB (25m pool): 01:08.90 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		00:31.30		01:08.90	
	00:31.30 00:37.60				
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:11, starttime: 14:20
Heat: 11/11 Lane : 6 Athlete: WILLAERT AYLA					Q-time: 01:07:17
PB (25m pool): 01:06.67 Mol 29/12/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.61		01:06.67	
	00:30.61		00:36.06		
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:5, starttime: 14:34	
Heat: 5/9 Lane : 8 Athlete: COUVREUR FRED							Q-time: 02:17:37	
PB (25m pool): 02:17.37 TEMSE 23/11/2025				PB (50m pool): 02:23.40SB: 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		00:31.81		01:06.82		01:42.15		02:17.37
	00:31.81		00:35.01		00:35.33		00:35.22	
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:3, starttime: 14:52
Heat: 3/4 Lane : 4 Athlete: VAN BOCKSTAL YOANNA					Q-time: 01:10:27
PB (25m pool): 01:10.27 Aarschot 04/05/2025					PB (50m pool): 01:10.26 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.56		01:10.27	
	00:32.56		00:37.71		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:4, starttime: 15:03
Heat: 4/4 Lane : 7 Athlete: DOCHITA EDUARD					Q-time: 01:28:97
PB (25m pool): 01:28.97 Herentals 09/05/2026					PB (50m pool): 01:31.76 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.35		01:28.97	
	00:42.35		00:46.62		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:11
Heat: 3/14 Lane : 6 Athlete: VAN DIJCK LOTTE					Q-time: 01:34:60
PB (25m pool): 01:34.60 Nijlen 16/11/2025			PB (50m pool): 01:28.13 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.06		01:34.60	
	00:47.06		00:47.54		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 15:24
Heat: 8/14 Lane : 6 Athlete: MELIS FEE					Q-time: 01:19:09
PB (25m pool): 01:19.09 Herentals 09/05/2026			PB (50m pool): 01:21.17 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.34		01:19.09	
	00:38.34		00:40.75		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 15:31
Heat: 11/14 Lane : 1 Athlete: ROMBOUTS FLOOR					Q-time: 01:13:56
PB (25m pool): 01:13.56 Nijlen 16/11/2025			PB (50m pool): 01:14.93 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.84		01:13.56	
	00:35.84		00:37.72		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:14, starttime: 15:37
Heat: 14/14 Lane : 8 Athlete: MELIS VLINDER					Q-time: 01:07:62
PB (25m pool): 01:07.62 2370 Arendonk 21/12/2025			PB (50m pool): 01:10.62 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.01		01:07.62	
	00:33.01		00:34.61		
					

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:3, starttime: 16:02	
Heat: 3/4 Lane : 1 Athlete: KEUSTERMANS LARD							Q-time: 02:50:67	
PB (25m pool): 02:50.67 Temse 17/11/2025				PB (50m pool): 02:49.54SB: 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		00:39.01		01:22.32		02:06.21		02:50.67
	00:39.01		00:43.31		00:43.89		00:44.46	
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+										Heat:4, starttime: 16:27	
Heat: 4/10 Lane : 6 Athlete: COUVREUR FRED										Q-time: 00:29:57	
PB (25m pool): 00:29.57 Herentals 09/05/2026										PB (50m pool): 00:29.86 SB: no time	
	2 5 M		5 0 M								
PB			00:29.57								
			00:29.57								
											

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+										Heat:3, starttime: 16:36	
Heat: 3/5 Lane : 2 Athlete: ROMBOUTS FLOOR										Q-time: 00:38:27	
PB (25m pool): 00:38.27 Sint-Amandsberg 19/10/2025										PB (50m pool): 00:38.65 SB: no time	
	2 5 M		5 0 M								
PB			00:38.27								
			00:38.27								
											

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+										Heat:4, starttime: 16:37	
Heat: 4/5 Lane : 5 Athlete: MELIS VLINDER										Q-time: 00:35:79	
PB (25m pool): 00:36.53 Sint-Amandsberg 19/10/2025										PB (50m pool): 00:37.09SB: no time	
	2 5 M		5 0 M								
PB			00:36.53								
			00:36.53								
											

Coach feedback:

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Event number: 36: 50M BREASTSTROKE WOMEN 13+							Heat:5, starttime: 16:38	
Heat: 5/5 Lane : 2 Athlete: WILLAERT AYLA							Q-time: 00:34:14	
PB (25m pool): 00:33.96 Sint-Amandsberg 27/10/2024							PB (50m pool): 00:34.18 SB: no time	
	2 5 M		5 0 M					
PB			00:33.96					
	00:33.96							
								

Coach feedback:

Event number: 38: 4x50M MEDLEY WOMEN 11+				Heat:2, starttime: 16:54			
Heat: 2/2 Lane : 2 Athlete: TEAM HOZT 1				Q-time: 02:11:17			
PB (25m pool):		PB (50m pool):		SB:			
	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							
							

Coach feedback: