

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

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 28: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 14:11
Heat: 6/11 Lane : 2 Athlete: ROZIERIS LILY					Q-time: 01:25:95
PB (25m pool): 01:25.95 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		00:41.01		01:25.95	
	00:41.01		00:44.94		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 14:16
Heat: 9/11 Lane : 5 Athlete: WIJCKMANS LENE					Q-time: 01:13:67
PB (25m pool): 01:13.67 Heist Op Den Berg 11/01/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:13.67	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 14:18
Heat: 10/11 Lane : 6 Athlete: STRUYF LIESELOT					Q-time: 01:10:21
PB (25m pool): 01:09.25 Herentals 18/05/2024 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:09.25	
	no time				
					

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:2, starttime: 14:25	
Heat: 2/9 Lane : 3 Athlete: PIETERS KOBE							Q-time: 02:30:70	
PB (25m pool): 02:30.70 Aartselaar 01/11/2025				PB (50m pool): 02:27.86SB: 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		00:34.85		01:13.77		no time		02:30.70
	00:34.85		00:38.92					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:4, starttime: 14:31	
Heat: 4/9 Lane : 6 Athlete: VERBEEK MATTS							Q-time: 02:20:33	
PB (25m pool): 02:21.08 Nijlen 01/03/2026				PB (50m pool): 02:20.33 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		00:32.73		01:09.01		no time		02:21.08
	00:32.73		00:36.28					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:8, starttime: 14:42	
Heat: 8/9 Lane : 3 Athlete: DE CUYPER LENS							Q-time: 02:01:14	
PB (25m pool): 02:00.57 Mol 25/07/2021				PB (50m pool): 02:04.59 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		no time		no time		no time		02:00.57
	no time							
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:4, starttime: 14:54
Heat: 4/4 Lane : 4 Athlete: ROMBOUT LISA				Q-time: 01:03:36	
PB (25m pool): 01:03.32 Stedelijk Zwembad Geel 17/02/2019 PB (50m pool): 01:03.97 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:03.32	
	no time				
					

Coach feedback:

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

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 15:19
Heat: 6/14 Lane : 3 Athlete: ROZIERIS LILY					Q-time: 01:25:93
PB (25m pool): 01:25.93 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:26.88 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.87		01:25.93	
	00:41.87		00:44.06		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 15:31
Heat: 11/14 Lane : 2 Athlete: WIJCKMANS LENE					Q-time: 01:13:23
PB (25m pool): 01:12.87 Herentals 18/05/2024 PB (50m pool): 01:15.71 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:12.87	
	no time				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:13, starttime: 15:35
Heat: 13/14 Lane : 6 Athlete: VAN LOOY ANKE					Q-time: 01:09:26
PB (25m pool): 01:09.26 LEUVEN 21/12/2025 PB (50m pool): 01:12.70 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.90		01:09.26	
	00:33.90		00:35.36		
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:4, starttime: 16:05	
Heat: 4/4 Lane : 8 Athlete: DE CUYPER LENS							Q-time: 02:36:74	
PB (25m pool): 02:36.11 Aartselaar 01/11/2024							PB (50m pool): 02:55.01 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		00:34.78		01:14.68		no time		02:36.11
	00:34.78		00:39.90					
								

Coach feedback:

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

Event number: 34: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 16:16	
Heat: 2/2 Lane : 4 Athlete: VAN LOOY ANKE							Q-time: 05:22:42	
PB (25m pool): 05:22.42 Antwerpen 12/10/2025				PB (50m pool): 05:34.93SB: 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		00:34.52		01:15.42		01:56.87		02:36.71
	00:34.52		00:40.90		00:41.45		00:39.84	
								
	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		03:22.82		04:08.84		04:46.84		05:22.42
	00:46.11		00:46.02		00:38.00		00:35.58	
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:2, starttime: 16:24	
Heat: 2/10 Lane : 4 Athlete: PIETERS KOBE						Q-time: 00:31:46		
PB (25m pool): 00:31.46 LEUVEN 23/11/2025				PB (50m pool): 00:32.33SB: no time				
	2 5 M		5 0 M					
PB			00:31.46					
	00:31.46							
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:4, starttime: 16:27	
Heat: 4/10 Lane : 4 Athlete: VERBEEK MATTS							Q-time: 00:28:72	
PB (25m pool): 00:29.09 Aarschot 26/04/2026				PB (50m pool): 00:28.72 SB: no time				
	2 5 M		5 0 M					
PB			00:29.09					
			00:29.09					
								

Coach feedback:

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Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:3, starttime: 16:36
Heat: 3/5 Lane : 1 Athlete: VANDERWEYDEN LAURE			Q-time: 00:38:47
PB (25m pool): 00:38.47 LEUVEN 23/11/2025			PB (50m pool): 00:39.72 SB: no time
	2 5 M	5 0 M	
PB		00:38.47	
		00:38.47	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:5, starttime: 16:38
Heat: 5/5 Lane : 3 Athlete: STRUYF LIESELOT			Q-time: 00:33:53
PB (25m pool): 00:33.53 Herentals 17/05/2025			PB (50m pool): 00:34.15 SB: no time
	2 5 M	5 0 M	
PB		00:33.53	
		00:33.53	
			

Coach feedback: