

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

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 28: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:05
Heat: 3/11 Lane : 6 Athlete: VAN MECHELEN LUNA					Q-time: 01:33:66
PB (25m pool): 01:33.66 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		00:43.04		01:33.66	
	00:43.04		00:50.62		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 14:07
Heat: 4/11 Lane : 2 Athlete: VERMEERSCH DEGELIN COLETTE					Q-time: 01:30:49
PB (25m pool): 01:30.49 Arendonk 31/05/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:30.49	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 14:07
Heat: 4/11 Lane : 7 Athlete: LUKIN ARINA					Q-time: 01:30:62
PB (25m pool): 01:30.62 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		00:40.62		01:30.62	
	00:40.62		00:50.00		
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 14:16
Heat: 9/11 Lane : 7 Athlete: DIERCKX ASTRID					Q-time: 01:16:21
PB (25m pool): 01:16.21 Sportoase De Watermolen 21/07/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.94		01:16.21	
	00:35.94		00:40.27		
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:2, starttime: 14:25	
Heat: 2/9 Lane : 1 Athlete: REYMEN RHUNE							Q-time: 02:38:13	
PB (25m pool): 02:38.13 Parklaan 58, Turnhout 29/03/2026 PB (50m pool): 02:39.96 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		00:36.53		01:17.25		no time		02:38.13
	00:36.53		00:40.72					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:2, starttime: 14:25	
Heat: 2/9 Lane : 4 Athlete: STABEL JONATHAN							Q-time: 02:29:64	
PB (25m pool): 02:34.15 Parklaan 58, Turnhout 29/03/2026 PB (50m pool): 02:29.64SB: 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		00:35.34		01:14.36		no time		02:34.15
	00:35.34		00:39.02					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:7, starttime: 14:40	
Heat: 7/9 Lane : 6 Athlete: VAN DYCK BRAM							Q-time: 02:04:38	
PB (25m pool): 02:00.39 Turnhout 26/03/2023				PB (50m pool): 02:05.34SB: 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		02:00.39
	no time							
								

Coach feedback:

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Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:2, starttime: 14:59
Heat: 2/4 Lane : 6 Athlete: SAZONOV VICTOR					Q-time: 01:43:30
PB (25m pool): 01:46.01 Herentals 09/05/2026					PB (50m pool): 01:43.30 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.83		01:46.01	
	00:49.83		00:56.18		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:4, starttime: 15:03
Heat: 4/4 Lane : 3 Athlete: LEYSEN BENJAMIN					Q-time: 01:23:88
PB (25m pool): 01:23.88 Turnhout 01/03/2026					PB (50m pool): 01:27.31 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.64		01:23.88	
	00:39.64		00:44.24		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:09
Heat: 2/14 Lane : 6 Athlete: VERMEERSCH DEGELIN COLETTE					Q-time: 01:41:10
PB (25m pool): 01:42.16 Turnhout 01/03/2026					PB (50m pool): 01:41.10 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.88		01:42.16	
	00:49.88		00:52.28		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 15:17
Heat: 5/14 Lane : 7 Athlete: VAN MECHELEN LUNA					Q-time: 01:29:06
PB (25m pool): 01:29.06 Turnhout 01/03/2026					PB (50m pool): 01:34.07 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.40		01:29.06	
	00:44.40		00:44.66		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 15:22
Heat: 7/14 Lane : 2 Athlete: LUKIN ARINA					Q-time: 01:23:23
PB (25m pool): 01:23.23 Turnhout 01/03/2026 PB (50m pool): 01:26.23 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.85		01:23.23	
	00:40.85		00:42.38		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 15:22
Heat: 7/14 Lane : 4 Athlete: DIERCKX ASTRID					Q-time: 01:20:83
PB (25m pool): 01:20.83 Turnhout 01/03/2026 PB (50m pool): 01:22.95 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.82		01:20.83	
	00:39.82		00:41.01		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 15:26
Heat: 9/14 Lane : 4 Athlete: VAN MECHELEN ZOë					Q-time: 01:15:95
PB (25m pool): 01:15.95 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:17.94 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.83		01:15.95	
	00:36.83		00:39.12		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:12, starttime: 15:33
Heat: 12/14 Lane : 5 Athlete: LAUWERS SOFIE					Q-time: 01:11:24
PB (25m pool): 01:12.44 Mol 28/12/2025 PB (50m pool): 01:11.24 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.63		01:12.44	
	00:35.63		00:36.81		
					

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:3, starttime: 16:02	
Heat: 3/4 Lane : 8 Athlete: STABEL JASPER							Q-time: 02:51:59	
PB (25m pool): 02:51.59 Mol 28/12/2025				PB (50m pool): 02:58.87SB: 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		00:38.36		01:22.78		02:07.65		02:51.59
	00:38.36		00:44.42		00:44.87		00:43.94	
								

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:4, starttime: 16:05	
Heat: 4/4 Lane : 1 Athlete: SAZONOV FEDOR							Q-time: 02:33:07	
PB (25m pool): 02:32.75 Kalmthout 25/02/2024				PB (50m pool): 02:35.40 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		02:32.75
	no time							
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:1, starttime: 16:23	
Heat: 1/10 Lane : 4 Athlete: REYMEN RHUNE							Q-time: 00:32:64	
PB (25m pool): 00:32.64 Turnhout 01/03/2026							PB (50m pool): 00:32.81 SB: no time	
	2 5 M		5 0 M					
PB			00:32.64					
			00:32.64					
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:3, starttime: 16:26	
Heat: 3/10 Lane : 3 Athlete: STABEL JONATHAN							Q-time: 00:30:92	
PB (25m pool): 00:30.92 Arendonk 31/05/2026				PB (50m pool): 00:31.62SB: no time				
	2 5 M		5 0 M					
PB			00:30.92					
			00:30.92					
								

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:5, starttime: 16:28
Heat: 5/10 Lane : 5 Athlete: STABEL JASPER			Q-time: 00:27:25
PB (25m pool): 00:27.25 Aarschot 27/07/2026			PB (50m pool): 00:27.34 SB: no time
	2 5 M	5 0 M	
PB		00:27.25	
		00:27.25	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:6, starttime: 16:29
Heat: 6/10 Lane : 6 Athlete: DEBONDT MATS			Q-time: 00:26:94
PB (25m pool): 00:26.94 Antwerpen 12/10/2025			PB (50m pool): 00:27.35 SB: no time
	2 5 M	5 0 M	
PB		00:26.94	
		00:26.94	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:7, starttime: 16:29
Heat: 7/10 Lane : 3 Athlete: SAZONOV FEDOR			Q-time: 00:26:17
PB (25m pool): 00:26.17 Turnhout 01/03/2026			PB (50m pool): 00:26.42 SB: no time
	2 5 M	5 0 M	
PB		00:26.17	
		00:26.17	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:9, starttime: 16:31
Heat: 9/10 Lane : 8 Athlete: VAN DYCK BRAM			Q-time: 00:24:99
PB (25m pool): 00:24.65 Geel 19/02/2023			PB (50m pool): 00:24.97 SB: no time
	2 5 M	5 0 M	
PB		00:24.65	
		00:24.65	
			

Coach feedback:

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Event number: 37: 4x50M MEDLEY MEN 11+							Heat:2, starttime: 16:48	
Heat: 2/2 Lane : 2 Athlete: TEAM KST 1							Q-time: 01:57:36	
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: