

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

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 28: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 14:09
Heat: 5/11 Lane : 7 Athlete: VAN NECK LISE					Q-time: 01:29:51
PB (25m pool): 01:29.51 Tienen 26/10/2025					PB (50m pool): no time SB: no time
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		no time		01:29.51	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 14:16
Heat: 9/11 Lane : 2 Athlete: LAUREYS XANTE					Q-time: 01:16:06
PB (25m pool): 01:16.06 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): no time SB: no time
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:34.91		01:16.06	
	00:34.91		00:41.15		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 14:16
Heat: 9/11 Lane : 6 Athlete: VAN WAELDEREN HANNE					Q-time: 01:15:89
PB (25m pool): 01:15.55 Kapellen 05/11/2023					PB (50m pool): no time SB: no time
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		no time		01:15.55	
	no time				
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 14:18
Heat: 10/11 Lane : 7 Athlete: VINGERHOETS MADELIEF					Q-time: 01:10:42
PB (25m pool): 01:10.42 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		00:33.41		01:10.42	
	00:33.41		00:37.01		
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:6, starttime: 14:37	
Heat: 6/9 Lane : 5 Athlete: GYULNAZARYAN MAX							Q-time: 02:07:75	
PB (25m pool): 02:07.75 3500 Hasselt 23/11/2025							PB (50m pool): 02:08.75 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		00:29.59		01:02.42		01:35.92		02:07.75
	00:29.59		00:32.83		00:33.50		00:31.83	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:6, starttime: 14:37	
Heat: 6/9 Lane : 6 Athlete: SLUYTS JENNE							Q-time: 02:08:10	
PB (25m pool): 02:08.10 3500 Hasselt 23/11/2025							PB (50m pool): 02:08.86SB: 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		00:29.31		01:02.19		01:35.22		02:08.10
	00:29.31		00:32.88		00:33.03		00:32.88	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:6, starttime: 14:37	
Heat: 6/9 Lane : 7 Athlete: SLUYTS TIBE							Q-time: 02:09:61	
PB (25m pool): 02:09.61 Antwerpen 12/10/2025							PB (50m pool): 02:09.90SB: 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		00:29.80		01:04.08		01:37.86		02:09.61
	00:29.80		00:34.28		00:33.78		00:31.75	
								

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:8, starttime: 14:42	
Heat: 8/9 Lane : 6 Athlete: JARNE HAESENDONCKX							Q-time: 02:01:15	
PB (25m pool): 02:01.15 TEMSE 23/11/2025				PB (50m pool): 02:05.11 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		00:27.56		00:58.12		01:29.52		02:01.15
	00:27.56		00:30.56		00:31.40		00:31.63	
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:3, starttime: 14:52
Heat: 3/4 Lane : 5 Athlete: LEMMENS FEBE				Q-time: 01:10:35	
PB (25m pool): 01:10.35 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:12.91 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.81		01:10.35	
	00:31.81		00:38.54		
					

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:3, starttime: 14:52
Heat: 3/4 Lane : 8 Athlete: VAN AERSCHOT NEL				Q-time: 01:14:14	
PB (25m pool): 01:14.14 Mol 28/12/2025			PB (50m pool): 01:16.19 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.57		01:14.14	
	00:33.57		00:40.57		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:3, starttime: 15:01
Heat: 3/4 Lane : 8 Athlete: VAN WAELDEREN KAREL				Q-time: 01:38:74	
PB (25m pool): 01:38.74 Herentals 09/05/2026			PB (50m pool): 01:38.61 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.79		01:38.74	
	00:47.79		00:50.95		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 15:29
Heat: 10/14 Lane : 3 Athlete: LAUREYS XANTE					Q-time: 01:14:44
PB (25m pool): 01:14.44 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:13.78 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.24		01:14.44	
	00:36.24		00:38.20		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:12, starttime: 15:33
Heat: 12/14 Lane : 2 Athlete: VAN AERSCHOT NEL					Q-time: 01:11:63
PB (25m pool): 01:11.63 Mol 28/12/2025 PB (50m pool): 01:14.04 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.46		01:11.63	
	00:34.46		00:37.17		
					

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+					Heat:6, starttime: 16:29
Heat: 6/10 Lane : 4 Athlete: GYULNAZARYAN MAX					Q-time: 00:26:76
PB (25m pool): 00:26.76 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:27.32 SB: no time					
	2 5 M	5 0 M			
PB		00:26.76			
	00:26.76				
					

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+					Heat:7, starttime: 16:29
Heat: 7/10 Lane : 2 Athlete: SLUYTS TIBE					Q-time: 00:26:32
PB (25m pool): 00:26.32 Herentals 09/05/2026 PB (50m pool): 00:26.55 SB: no time					
	2 5 M	5 0 M			
PB		00:26.32			
	00:26.32				
					

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:8, starttime: 16:30
Heat: 8/10 Lane : 5 Athlete: SLUYTS JENNE			Q-time: 00:25:09
PB (25m pool): 00:25.09 Herentals 09/05/2026			PB (50m pool): 00:25.87 SB: no time
	2 5 M	5 0 M	
PB		00:25.09	
		00:25.09	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:9, starttime: 16:31
Heat: 9/10 Lane : 1 Athlete: JARNE HAESSENDONCKX			Q-time: 00:24:94
PB (25m pool): 00:24.94 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:25.10 SB: no time
	2 5 M	5 0 M	
PB		00:24.94	
		00:24.94	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:10, starttime: 16:32
Heat: 10/10 Lane : 8 Athlete: VAN WAELDEREN THOMAS			Q-time: 00:24:27
PB (25m pool): 00:24.27 Hasselt 04/05/2025			PB (50m pool): 00:24.76 SB: no time
	2 5 M	5 0 M	
PB		00:24.27	
		00:24.27	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:1, starttime: 16:34
Heat: 1/5 Lane : 1 Athlete: VAN NECK LISE			Q-time: 00:47:11
PB (25m pool): 00:47.11 Meise 14/09/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:47.11	
		00:47.11	
			

Coach feedback:

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Event number: 36: 50M BREASTSTROKE WOMEN 13+				Heat:3, starttime: 16:36
Heat: 3/5 Lane : 4 Athlete: VAN WAELDEREN HANNE				Q-time: 00:37:58
PB (25m pool): 00:37.58 Hasselt 04/05/2025				PB (50m pool): 00:38.09 SB: no time
	2 5 M	5 0 M		
PB		00:37.58		
	00:37.58			
				

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+				Heat:4, starttime: 16:37
Heat: 4/5 Lane : 2 Athlete: VINGERHOETS MADELIEF				Q-time: 00:36:27
PB (25m pool): 00:36.27 Stedelijk Zwembad Geel 15/02/2026				PB (50m pool): 00:37.08 SB: no time
	2 5 M	5 0 M		
PB		00:36.27		
	00:36.27			
				

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+				Heat:4, starttime: 16:37
Heat: 4/5 Lane : 7 Athlete: LEMMENS FEBE				Q-time: 00:36:44
PB (25m pool): 00:36.44 Stedelijk Zwembad Geel 15/02/2026				PB (50m pool): 00:38.03 SB: no time
	2 5 M	5 0 M		
PB		00:36.44		
	00:36.44			
				

Coach feedback:

Event number: 37: 4x50M MEDLEY MEN 11+						Heat:2, starttime: 16:48
Heat: 2/2 Lane : 3 Athlete: TEAM WST 3						Q-time: 01:53:15
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
PB						
						

Coach feedback:

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

Event number: 38: 4x50M MEDLEY WOMEN 11+							Heat:1, starttime: 16:51	
Heat: 1/2 Lane : 3 Athlete: TEAM WST 4							Q-time: 02:20:16	
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: