

PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: KST

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Stabel Siegfried

Coaches: Van der Eycken Ann

Coaches: Verrijken Valerie

Coaches: Poelmans Julie HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 09:14
Heat: 6/15 Lane : 8 Athlete: VERMEERSCH DEGELIN COLETTE			Q-time: 01:42:94
PB (50m pool): 01:51.11 Antwerp 02/02/2025			PB (25m pool): 01:42.94 SB: no time
	5 0 M	1 0 0 M	
PB	00:53.58	01:51.11	
	00:53.58	00:57.53	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 09:26
Heat: 11/15 Lane : 7 Athlete: LAUWERS LOTTE			Q-time: 01:29:83
PB (50m pool): 01:29.83 Wezenberg 03/01/2026			PB (25m pool): 01:31.66 SB: 01:29.83 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:42.19	01:29.83	
	00:42.19	00:47.64	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 09:26
Heat: 11/15 Lane : 8 Athlete: DIERCKX ASTRID			Q-time: 01:30:27
PB (50m pool): 01:31.74 Wezenberg 04/01/2026			PB (25m pool): 01:30.27 SB: 01:31.74 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:43.16	01:31.74	
	00:43.16	00:48.58	
	

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:12, starttime: 09:28
Heat: 12/15 Lane : 5 Athlete: CAMPFORTS FIEN			Q-time: 01:26:22
PB (50m pool): 01:26.77 Wezenberg 03/01/2026			PB (25m pool): 01:26.12 SB: 01:26.77 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:40.95	01:26.77	
	00:40.95	00:45.82	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:1, starttime: 09:37
Heat: 1/6 Lane : 4 Athlete: LEYSEN JEROEN			Q-time: 01:30:63
PB (50m pool): 01:32.21 Wezenberg 04/01/2026			PB (25m pool): 01:30.63 SB: 01:32.21 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:44.36	01:32.21	
	00:44.36	00:47.85	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:1, starttime: 09:37
Heat: 1/6 Lane : 6 Athlete: STABEL JONATHAN			Q-time: 01:33:03
PB (50m pool): 01:37.88 Wezenberg 04/01/2026			PB (25m pool): 01:33.03 SB: 01:37.88 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:47.10	01:37.88	
	00:47.10	00:50.78	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:1, starttime: 09:37
Heat: 1/6 Lane : 7 Athlete: REYMEN RHUNE			Q-time: 01:34:23
PB (50m pool): 01:38.67 Wezenberg 04/01/2026			PB (25m pool): 01:34.23 SB: 01:38.67 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:47.22	01:38.67	
	00:47.22	00:51.45	
	

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:6, starttime: 09:48
Heat: 6/6 Lane : 3 Athlete: SAZONOV FEDOR			Q-time: 01:07:72
PB (50m pool): 01:10.81 Antwerp 14/04/2024			PB (25m pool): 01:07.72 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:10.81	
	no time		
	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:1, starttime: 09:50
Heat: 1/8 Lane : 3 Athlete: VAN MECHELEN LUNA			Q-time: 00:43:31
PB (50m pool): 00:46.78 Wezenberg 05/01/2025			PB (25m pool): 00:43.31 SB: no time
	5 0 M		
PB	00:46.78		
	00:46.78		
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:1, starttime: 09:50
Heat: 1/8 Lane : 4 Athlete: LAUWERS LOTTE			Q-time: 00:40:84
PB (50m pool): 00:40.84 Mol 22/06/2025			PB (25m pool): 00:36.72 SB: no time
	5 0 M		
PB	00:40.84		
	00:40.84		
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 09:54
Heat: 3/8 Lane : 4 Athlete: VAN MECHELEN ZOë			Q-time: 00:36:76
PB (50m pool): 00:37.77 Wezenberg 05/01/2025			PB (25m pool): 00:36.45 SB: no time
	5 0 M		
PB	00:37.77		
	00:37.77		
		

Coach feedback:

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Event number: 4: 50M BACKSTROKE MEN 13+		Heat:4, starttime: 10:10
Heat: 4/8 Lane : 2 Athlete: STABEL JASPER		Q-time: 00:34:26
PB (50m pool): 00:36.11 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:34.26 SB: no time		
	5 0 M	
PB	00:36.11	
	00:36.11	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:3, starttime: 10:38
Heat: 3/16 Lane : 2 Athlete: VERMEERSCH DEGELIN COLETTE		Q-time: 00:51:69
PB (50m pool): no time PB (25m pool): 00:51.69 SB: no time		
	5 0 M	
PB	no time	
	no time	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:4, starttime: 10:39
Heat: 4/16 Lane : 6 Athlete: VAN MECHELEN LUNA		Q-time: 00:46:25
PB (50m pool): 00:46.44 Wezenberg 04/01/2026 PB (25m pool): 00:46.25 SB: 00:46.44 Wezenberg 04/01/2026		
	5 0 M	
PB	00:46.44	
	00:46.44	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:9, starttime: 10:47
Heat: 9/16 Lane : 7 Athlete: VAN GESTEL FRAN		Q-time: 00:37:20
PB (50m pool): 00:37.20 Wezenberg 03/01/2026 PB (25m pool): 00:39.28 SB: 00:37.20 Wezenberg 03/01/2026		
	5 0 M	
PB	00:37.20	
	00:37.20	
	

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 10:48
Heat: 10/16 Lane : 2 Athlete: DIERCKX ASTRID			Q-time: 00:35:49
PB (50m pool): 00:35.49 Wezenberg 04/01/2026			PB (25m pool): 00:36.21 SB: 00:35.49 Wezenberg 04/01/2026
	5 0 M		
PB	00:35.49		
	00:35.49		
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 10:48
Heat: 10/16 Lane : 4 Athlete: CAMPFORTS FIEN			Q-time: 00:35:32
PB (50m pool): 00:36.56 Wezenberg 03/01/2026			PB (25m pool): 00:35.32 SB: 00:36.56 Wezenberg 03/01/2026
	5 0 M		
PB	00:36.56		
	00:36.56		
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 10:48
Heat: 10/16 Lane : 7 Athlete: VAN MECHELEN ZOë			Q-time: 00:36:10
PB (50m pool): 00:37.16 Mol 22/06/2025			PB (25m pool): 00:36.10 SB: 00:38.60 Wezenberg 03/01/2026
	5 0 M		
PB	00:37.16		
	00:37.16		
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:13, starttime: 10:52
Heat: 13/16 Lane : 8 Athlete: LAUWERS LOTTE			Q-time: 00:33:07
PB (50m pool): 00:33.46 Eindhoven 16/03/2025			PB (25m pool): 00:33.07 SB: 00:34.28 Wezenberg 03/01/2026
	5 0 M		
PB	00:33.46		
	00:33.46		
		

Coach feedback:

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Event number: 6: 50M BUTTERFLY MEN 13+							Heat:1, starttime: 10:57		
Heat: 1/10 Lane : 3 Athlete: REYMEYEN RHUNE							Q-time: 00:41:54		
PB (50m pool): 00:41.54 Wezenberg 04/01/2026							PB (25m pool): 00:42.51 SB: 00:41.54 Wezenberg 04/01/2026		
	5 0 M								
PB	00:41.54								
	00:41.54								
								

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+							Heat:2, starttime: 10:59		
Heat: 2/10 Lane : 8 Athlete: STABEL JONATHAN							Q-time: 00:40:65		
PB (50m pool): 00:40.65 Wezenberg 04/01/2026				PB (25m pool): 00:41.28SB: 00:40.65 Wezenberg 04/01/2026					
	5 0 M								
PB	00:40.65								
	00:40.65								
								

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+				Heat:3, starttime: 11:00	
Heat: 3/10 Lane : 8 Athlete: LEYSEN JEROEN				Q-time: 00:35:85	
PB (50m pool): 00:36.91 Mol 22/06/2025				PB (25m pool): 00:35.85SB: no time	
	5 0 M				
PB	00:36.91				
	00:36.91				
				

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+										Heat:5, starttime: 11:03																			
Heat: 5/10 Lane : 2 Athlete: STABEL JASPER																				Q-time: 00:31:33									
PB (50m pool): 00:31.74 Wezenberg 03/01/2026										PB (25m pool): 00:31.33SB: 00:31.74 Wezenberg 03/01/2026																			
	5 0 M																												
PB	00:31.74																												
	00:31.74																												
																												

Coach feedback:

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Event number: 6: 50M BUTTERFLY MEN 13+										Heat:7, starttime: 11:06	
Heat: 7/10 Lane : 7 Athlete: SAZONOV FEDOR										Q-time: 00:29:55	
PB (50m pool): 00:29.70 Wezenberg 05/01/2025										PB (25m pool): 00:29.62 SB: no time	
	5 0 M										
PB	00:29.70										
	00:29.70										
										

Coach feedback:

Event number: 9: 4x100M MEDLEY WOMEN 11+						Heat:2, starttime: 12:36		
Heat: 2/2 Lane : 1 Athlete: TEAM KST 1						Q-time: 05:17:47		
PB (50m pool):			PB (25m pool):			SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB								

Coach feedback: