

# 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:

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

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

50 M		100 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

50 M		100 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

50 M		100 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: REYMENT 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

50 M		100 M	
PB	00:47.22	01:38.67	
	00:47.22	00:51.45	
	.....	.....	

Coach feedback:

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

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:

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

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:

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

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

50 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

50 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

50 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

50 M	
PB	00:33.46
	00:33.46
	.....

Coach feedback:

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

Event number: 6: 50M BUTTERFLY MEN 13+

Heat:1, starttime: 10:57

Heat: 1/10 Lane : 3 Athlete: REYMENT 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

50 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): 00:41.28 SB: 00:40.65 Wezenberg 04/01/2026

50 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): 00:35.85 SB: no time

50 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): 00:31.33 SB: 00:31.74 Wezenberg 03/01/2026

50 M	
PB	00:31.74
	00:31.74
	.....

Coach feedback:

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

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: