

# PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: SHARK

Coachinfo: Warming up from: 13:00 untill 14:00. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Wouters Maxim

Coaches: Moeskops Kathleen

Coaches: Dierckx Davy HEADCOACH

Coaches: Verbeek Mats

Coaches: Feyten Anne

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

Event number: 10: 200M BUTTERFLY WOMEN 13+					Heat:2, starttime: 14:04
Heat: 2/2 Lane : 3 Athlete: BELLENS LORE					Q-time: 02:31:67
PB (50m pool): 02:41.56 Antwerpen 20/07/2025					PB (25m pool): 02:31.67 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.13	01:14.46	01:57.14	02:41.56	
	00:34.13	00:40.33	00:42.68	00:44.42	
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Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:27
Heat: 6/20 Lane : 7 Athlete: KENIS JOSEPHINE					Q-time: 01:18:94
PB (50m pool): 01:18.94 Antwerpen 13/07/2025					PB (25m pool): 01:19.35 SB: 01:22.31 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M			
PB	00:36.99	01:18.94			
	00:36.99	00:41.95			
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Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:29
Heat: 7/20 Lane : 4 Athlete: KENIS LOLA					Q-time: 01:15:81
PB (50m pool): 01:20.09 SportinGenk Park 11/11/2025					PB (25m pool): 01:15.81 SB: 01:20.09 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M			
PB	no time	01:20.09			
	no time				
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Coach feedback:

# PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: SHARK

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:13, starttime: 14:41
Heat: 13/20 Lane : 6 Athlete: DIERCKX FEMKE			Q-time: 01:08:15
PB (50m pool): 01:10.23 Antwerp 04/02/2024			PB (25m pool): 01:08.15 SB: 01:12.49 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:10.23	
	no time		
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Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:16, starttime: 14:47
Heat: 16/20 Lane : 2 Athlete: DURT REINE			Q-time: 01:05:34
PB (50m pool): 01:06.28 Antwerpen 21/07/2024			PB (25m pool): 01:05.34 SB: 01:08.59 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:06.28	
	no time		
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Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:17, starttime: 14:48
Heat: 17/20 Lane : 5 Athlete: JANSSENS ELISABETH			Q-time: 01:03:77
PB (50m pool): 01:05.64 Wezenberg 03/01/2026			PB (25m pool): 01:03.77 SB: 01:05.64 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:31.86	01:05.64	
	00:31.86	00:33.78	
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Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:19, starttime: 14:52
Heat: 19/20 Lane : 3 Athlete: MERTENS FEMKE			Q-time: 01:01:23
PB (50m pool): 01:03.34 Antwerpen 20/07/2025			PB (25m pool): 01:01.23 SB: 01:03.91 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	00:30.22	01:03.34	
	00:30.22	00:33.12	
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Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:19, starttime: 14:52
Heat: 19/20 Lane : 7 Athlete: BIERINCKX MIE			Q-time: 01:01:77
PB (50m pool): 01:04.15 Wezenberg 04/01/2026			PB (25m pool): 01:01.77 SB: 01:04.15 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:30.27	01:04.15	
	00:30.27	00:33.88	
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Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:20, starttime: 14:54
Heat: 20/20 Lane : 1 Athlete: MERTENS HELENA			Q-time: 01:00:41
PB (50m pool): 01:01.70 SportinGenk Park 21/04/2025			PB (25m pool): 01:00.41 SB: 01:05.54 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:30.12	01:01.70	
	00:30.12	00:31.58	
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Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:20, starttime: 14:54
Heat: 20/20 Lane : 7 Athlete: BOVEN AXELLE			Q-time: 01:00:33
PB (50m pool): 01:02.33 Wezenberg 03/01/2026			PB (25m pool): 01:00.33 SB: 01:02.33 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:29.75	01:02.33	
	00:29.75	00:32.58	
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Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:3, starttime: 15:00
Heat: 3/12 Lane : 5 Athlete: VAN GORP TUUR			Q-time: 01:07:72
PB (50m pool): 01:07.72 Wezenberg 04/01/2026			PB (25m pool): 01:10.17 SB: 01:07.72 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:32.36	01:07.72	
	00:32.36	00:35.36	
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Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:4, starttime: 15:02
Heat: 4/12 Lane : 7 Athlete: FEYEN AEDEN			Q-time: 01:06:94
PB (50m pool): 01:12.83 SportinGenk Park 21/04/2025			PB (25m pool): 01:05.87 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.88	01:12.83	
	00:33.88	00:38.95	
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Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:11, starttime: 15:14
Heat: 11/12 Lane : 5 Athlete: VERBEEK SEM			Q-time: 00:54:91
PB (50m pool): 00:55.19 ANTWERPEN 31/07/2022			PB (25m pool): 00:53.48 SB: no time
	5 0 M	1 0 0 M	
PB	no time	00:55.19	
	no time		
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Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 15:35
Heat: 2/6 Lane : 1 Athlete: VAN LOMMEL ANTHE			Q-time: 00:44:45
PB (50m pool): 00:46.95 Wezenberg 05/01/2025			PB (25m pool): 00:44.45 SB: no time
	5 0 M		
PB	00:46.95		
	00:46.95		
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Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+			Heat:5, starttime: 15:39
Heat: 5/6 Lane : 3 Athlete: MERTENS HELENA			Q-time: 00:37:80
PB (50m pool): 00:38.68 SportinGenk Park 21/04/2025			PB (25m pool): 00:37.80 SB: no time
	5 0 M		
PB	00:38.68		
	00:38.68		
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Coach feedback:

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Event number: 15: 50M BREASTSTROKE MEN 13+				Heat:2, starttime: 15:44	
Heat: 2/8 Lane : 5 Athlete: VAN GORP TUUR				Q-time: 00:39:84	
PB (50m pool): 00:39.84 Wezenberg 04/01/2026				PB (25m pool): 00:42.25 SB: 00:39.84 Wezenberg 04/01/2026	
	5 0 M				
PB	00:39.84				
	00:39.84				
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Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+				Heat:3, starttime: 15:45	
Heat: 3/8 Lane : 5 Athlete: FEYEN AEDEN				Q-time: 00:36:98	
PB (50m pool): 00:36.98 Wezenberg 03/01/2026				PB (25m pool): 00:38.36 SB: 00:36.98 Wezenberg 03/01/2026	
	5 0 M				
PB	00:36.98				
	00:36.98				
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Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12				Heat:4, starttime: 16:02	
Heat: 4/6 Lane : 2 Athlete: KENIS LOLA				Q-time: 01:32:37	
PB (50m pool): no time				PB (25m pool): 01:32.37 SB: no time	
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
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Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+				Heat:3, starttime: 16:32	
Heat: 3/8 Lane : 2 Athlete: VAN LOMMEL ANTHE				Q-time: 02:57:03	
PB (50m pool): 03:01.78 SportinGenk Park 11/11/2025				PB (25m pool): 02:57.03 SB: 03:01.78 SportinGenk Park 11/11/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:01.78	
	no time				
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Coach feedback:

# PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: SHARK

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:5, starttime: 16:40
Heat: 5/8 Lane : 4 Athlete: DIERCKX FEMKE					Q-time: 02:47:17
PB (50m pool): 02:55.00 Aalst 28/06/2025					PB (25m pool): 02:47.17 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.98	01:23.48	02:15.83	02:55.00	
	00:36.98	00:46.50	00:52.35	00:39.17	
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Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:7, starttime: 16:47
Heat: 7/8 Lane : 7 Athlete: DURT REINE					Q-time: 02:38:10
PB (50m pool): 02:42.29 Antwerpen 21/07/2024					PB (25m pool): 02:38.10 SB: 02:49.52 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:42.29	
	no time				
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Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:8, starttime: 16:50
Heat: 8/8 Lane : 1 Athlete: JANSSENS ELISABETH					Q-time: 02:34:77
PB (50m pool): 02:40.89 Antwerpen 27/07/2025					PB (25m pool): 02:34.77 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.62	01:16.02	02:02.49	02:40.89	
	00:34.62	00:41.40	00:46.47	00:38.40	
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Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:8, starttime: 16:50
Heat: 8/8 Lane : 2 Athlete: BELLENS LORE					Q-time: 02:32:09
PB (50m pool): 02:41.21 Antwerp 26/01/2025					PB (25m pool): 02:32.09 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.06	01:16.09	02:04.30	02:41.21	
	00:34.06	00:42.03	00:48.21	00:36.91	
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Coach feedback:

# PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: SHARK

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:8, starttime: 16:50
Heat: 8/8 Lane : 5 Athlete: MERTENS FEMKE					Q-time: 02:30:63
PB (50m pool): 02:36.38 Antwerpen 20/07/2025					PB (25m pool): 02:30.63 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.49	01:13.44	02:01.20	02:36.38	
	00:34.49	00:38.95	00:47.76	00:35.18	
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Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:8, starttime: 16:50
Heat: 8/8 Lane : 6 Athlete: BOVEN AXELLE					Q-time: 02:31:50
PB (50m pool): 02:32.02 Antwerpen 27/07/2025					PB (25m pool): 02:28.32 SB: 02:33.81 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.78	01:12.98	01:56.72	02:32.02	
	00:32.78	00:40.20	00:43.74	00:35.30	
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Coach feedback: