

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZN

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

Coaches: Dekker Tamiko HEADCOACH

Coaches: Van Dooren Glenn

Coaches: Faes Sandra

Coaches: Blaton Joke

Coaches: Wouters Ivan

Coaches: Vanhaesebroeck Nicolas

Coaches: Neirynck Jan

PB => Personal Best time

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

Event number: 20: 100M BUTTERFLY MEN 13+

Heat:4, starttime: 09:07

Heat: 4/7 Lane : 7 Athlete: VERDONCK STAN			Q-time: 01:10:45
PB (50m pool): 01:17.46 Antwerpen 20/07/2025			PB (25m pool): 01:10.45 SB: no time
50 M	100 M		
PB	00:35.32	01:17.46	
	00:35.32	00:42.14	
.....		

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+

Heat:5, starttime: 09:08

Heat: 5/7 Lane : 6 Athlete: KEKEC SAMIR			Q-time: 01:06:64
PB (50m pool): 01:08.84 Antwerpen 13/07/2025			PB (25m pool): 01:06.64 SB: no time
50 M	100 M		
PB	00:31.71	01:08.84	
	00:31.71	00:37.13	
.....		

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+

Heat:2, starttime: 09:17

Heat: 2/6 Lane : 8 Athlete: DIRICKX FINNE			Q-time: 01:30:83
PB (50m pool): no time			PB (25m pool): 01:30.83 SB: no time
50 M	100 M		
PB	no time	no time	
	no time		
.....		

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZN

Event number: 22: 50M BUTTERFLY MEN 11-12

Heat:2, starttime: 09:29

Heat: 2/5 Lane : 4 Athlete: VANHAESEBROECK LOUIS-EMILE

Q-time: 00:51:94

PB (50m pool): no time

PB (25m pool): 00:51.94 SB: no time

50 M	
PB	no time
	no time

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12

Heat:2, starttime: 09:29

Heat: 2/5 Lane : 6 Athlete: LENAERTS RUBEN

Q-time: 99:99:99

PB (50m pool): no time

PB (25m pool): no time SB: no time

50 M	
PB	no time
	no time

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12

Heat:3, starttime: 09:31

Heat: 3/5 Lane : 2 Athlete: TILLEUIL NATHAN

Q-time: 00:48:16

PB (50m pool): no time

PB (25m pool): 00:48.16 SB: no time

50 M	
PB	no time
	no time

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12

Heat:4, starttime: 09:32

Heat: 4/5 Lane : 7 Athlete: CAMBRé ARTHUR

Q-time: 00:42:08

PB (50m pool): 00:55.75 Antwerp 02/02/2025

PB (25m pool): 00:42.08 SB: no time

50 M	
PB	00:55.75
	00:55.75

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZN

Event number: 23: 200M BACKSTROKE WOMEN 13+

Heat:2, starttime: 09:40

Heat: 2/6 Lane : 5 Athlete: CLAES JADE

Q-time: 02:49:39

PB (50m pool): no time

PB (25m pool): 02:49.39 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
	

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+

Heat:6, starttime: 09:56

Heat: 6/6 Lane : 3 Athlete: DELIEN FLOOR

Q-time: 02:28:26

PB (50m pool): 02:33.13 Antwerpen 27/07/2025

PB (25m pool): 02:28.26 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.72	01:15.51	01:55.28	02:33.13	
	00:35.72	00:39.79	00:39.77	00:37.85	
	

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+

Heat:6, starttime: 09:56

Heat: 6/6 Lane : 8 Athlete: BASSTANIE LIENE

Q-time: 02:33:50

PB (50m pool): 02:42.57 Antwerpen 20/07/2025

PB (25m pool): 02:33.50 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.75	01:20.51	02:02.49	02:42.57	
	00:38.75	00:41.76	00:41.98	00:40.08	
	

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+

Heat:5, starttime: 10:16

Heat: 5/5 Lane : 1 Athlete: VAN DOOREN WARRE

Q-time: 02:17:91

PB (50m pool): 02:23.22 Antwerpen 20/07/2025

PB (25m pool): 02:17.91 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.43	01:09.79	01:47.49	02:23.22	
	00:33.43	00:36.36	00:37.70	00:35.73	
	

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZN

Event number: 25: 100M FREESTYLE MEN 11-12

Heat:3, starttime: 10:24

Heat: 3/5 Lane : 4 Athlete: TILLEUIL NATHAN

Q-time: 01:18:22

PB (50m pool): 01:29.00 Antwerp 02/02/2025

PB (25m pool): 01:18.22 SB: no time

50 M		100 M	
PB	00:42.02	01:29.00	
	00:42.02	00:46.98	
	

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12

Heat:3, starttime: 10:24

Heat: 3/5 Lane : 7 Athlete: LENAERTS RUBEN

Q-time: 01:21:74

PB (50m pool): no time

PB (25m pool): 01:21.74 SB: no time

50 M		100 M	
PB	no time	no time	
	no time		
	

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12

Heat:4, starttime: 10:26

Heat: 4/5 Lane : 3 Athlete: VANHAESEBROECK LOUIS-EMILE

Q-time: 01:16:28

PB (50m pool): 01:20.66 Antwerpen 13/07/2025

PB (25m pool): 01:16.28 SB: no time

50 M		100 M	
PB	00:38.28	01:20.66	
	00:38.28	00:42.38	
	

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12

Heat:5, starttime: 10:28

Heat: 5/5 Lane : 8 Athlete: CAMBRé ARTHUR

Q-time: 01:14:92

PB (50m pool): 01:19.78 Antwerpen 13/07/2025

PB (25m pool): 01:14.92 SB: no time

50 M		100 M	
PB	00:38.18	01:19.78	
	00:38.18	00:41.60	
	

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZN

Event number: 26: 200M FREESTYLE WOMEN 13+

Heat:2, starttime: 10:50

Heat: 2/10 Lane : 3 Athlete: CROONEN LIZE

Q-time: 02:44:77

PB (50m pool): 02:52.33 Antwerpen 13/07/2025

PB (25m pool): 02:44.77 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.33	01:22.52	02:08.86	02:52.33	
	00:37.33	00:45.19	00:46.34	00:43.47	
	

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+

Heat:3, starttime: 10:53

Heat: 3/10 Lane : 8 Athlete: DIRICKX FINNE

Q-time: 02:41:70

PB (50m pool): 02:41.70 Antwerpen 13/07/2025

PB (25m pool): 02:42.52 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.28	01:17.79	02:01.59	02:41.70	
	00:36.28	00:41.51	00:43.80	00:40.11	
	

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+

Heat:5, starttime: 11:00

Heat: 5/10 Lane : 5 Athlete: CLAES JADE

Q-time: 02:28:12

PB (50m pool): 02:35.74 Antwerpen 13/07/2025

PB (25m pool): 02:28.12 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.02	01:16.36	01:57.05	02:35.74	
	00:36.02	00:40.34	00:40.69	00:38.69	
	

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+

Heat:7, starttime: 11:07

Heat: 7/10 Lane : 1 Athlete: VANHAESEBROECK MARIE-ELINE

Q-time: 02:24:56

PB (50m pool): 02:27.09 Antwerpen 13/07/2025

PB (25m pool): 02:21.85 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.17	01:08.26	01:47.20	02:27.09	
	00:32.17	00:36.09	00:38.94	00:39.89	
	

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZN

Event number: 26: 200M FREESTYLE WOMEN 13+

Heat:7, starttime: 11:07

Heat: 7/10 Lane : 8 Athlete: BASSTANIE LIENE

Q-time: 02:24:58

PB (50m pool): 02:36.25 Antwerp 26/01/2025

PB (25m pool): 02:24.58 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.23	01:13.42	01:55.27	02:36.25	
	00:34.23	00:39.19	00:41.85	00:40.98	
	

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+

Heat:10, starttime: 11:16

Heat: 10/10 Lane : 6 Athlete: VINGERHOETS MADELIEF

Q-time: 02:12:38

PB (50m pool): 02:15.88 Antwerp 09/02/2025

PB (25m pool): 02:12.38 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.75	01:06.41	01:41.93	02:15.88	
	00:31.75	00:34.66	00:35.52	00:33.95	
	

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+

Heat:2, starttime: 11:23

Heat: 2/9 Lane : 6 Athlete: GISCA DANIIL

Q-time: 02:42:99

PB (50m pool): 02:42.99 Antwerpen 13/07/2025

PB (25m pool): 02:49.23 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.42	01:18.90	02:01.83	02:42.99	
	00:37.42	00:41.48	00:42.93	00:41.16	
	

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+

Heat:6, starttime: 11:36

Heat: 6/9 Lane : 4 Athlete: KEKEC SAMIR

Q-time: 02:10:57

PB (50m pool): 02:14.56 Antwerpen 13/07/2025

PB (25m pool): 02:10.57 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.15	01:04.72	01:39.24	02:14.56	
	00:31.15	00:33.57	00:34.52	00:35.32	
	

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZN

Event number: 27: 200M FREESTYLE MEN 13+

Heat:9, starttime: 11:45

Heat: 9/9 Lane : 4 Athlete: VAN EGDOM WOUT

Q-time: 01:52:18

PB (50m pool): 01:55.00 Antwerpen 21/04/2024

PB (25m pool): 01:51.23 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	01:55.00	
	no time				
	

Coach feedback: