

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: HOZT

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

Coaches: Pingnet Olivier HEADCOACH

PB => Personal Best time

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

Event number: 31: 50M FREESTYLE MEN 13+							Heat:8, starttime: 14:22		
Heat: 8/11 Lane : 2 Athlete: DE VALCK THIBAUT							Q-time: 00:26:83		
PB (50m pool): 00:26.83 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:25.63							SB: 00:26.85 Brugge 25/01/2026		
	5 0 M								
PB	00:26.83								
	00:26.83								
								

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+					Heat:6, starttime: 14:34	
Heat: 6/14 Lane : 6 Athlete: ROMBOUTS FLOOR					Q-time: 00:31:77	
PB (50m pool): 00:31.77 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:31.22SB: no time						
	5 0 M					
PB	00:31.77					
	00:31.77					
					

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+					Heat:11, starttime: 14:40				
Heat: 11/14 Lane : 3 Athlete: VAN BOCKSTAL YOANNA					Q-time: 00:29:51				
PB (50m pool): 00:29.51 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:28.51 SB: 00:29.83 Brugge 25/01/2026									
	5 0 M								
PB	00:29.51								
	00:29.51								
								

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:13, starttime: 14:43	
Heat: 13/14 Lane : 4 Athlete: WILLAERT AYLA				Q-time: 00:28:18	
PB (50m pool): 00:27.36 Antwerpen 28/07/2024				PB (25m pool): 00:27.03 SB: 00:28.28 Brugge 25/01/2026	
	5 0 M				
PB	00:27.36				
	00:27.36				
				

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:13, starttime: 14:43	
Heat: 13/14 Lane : 7 Athlete: DE LETTER SOFIE				Q-time: 00:28:74	
PB (50m pool): 00:28.74 Zwembad Brigitte Becue 30/05/2025				PB (25m pool): 00:29.01 SB: 00:29.34 Brugge 25/01/2026	
	5 0 M				
PB	00:28.74				
	00:28.74				
				

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:14, starttime: 14:44	
Heat: 14/14 Lane : 2 Athlete: VAN DE CLOOT ELINA				Q-time: 00:27:29	
PB (50m pool): 00:27.29 Antwerp 09/02/2025				PB (25m pool): 00:26.70 SB: 00:28.38 Brugge 25/01/2026	
	5 0 M				
PB	00:27.29				
	00:27.29				
				

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:2, starttime: 14:50	
Heat: 2/4 Lane : 5 Athlete: KEUSTERMANS LARD				Q-time: 02:51:87	
PB (50m pool): 02:51.87 Charleroi 11/01/2026				PB (25m pool): 02:50.67 SB: 02:51.87 Charleroi 11/01/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.44	01:22.87	02:08.02	02:51.87	
	00:39.44	00:43.43	00:45.15	00:43.85	
	

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:4, starttime: 14:57
Heat: 4/4 Lane : 6 Athlete: OST RYAN					Q-time: 02:31:24
PB (50m pool): 02:42.19 Antwerpen 28/07/2024					PB (25m pool): 02:31.24 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	02:42.19	
	no time				
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:9, starttime: 15:55
Heat: 9/12 Lane : 1 Athlete: KEUSTERMANS LARD					Q-time: 01:14:27
PB (50m pool): 01:14.27 Charleroi 11/01/2026					PB (25m pool): 01:12.42 SB: 01:14.27 Charleroi 11/01/2026
	5 0 M	1 0 0 M			
PB	00:36.00	01:14.27			
	00:36.00	00:38.27			
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:11, starttime: 16:00
Heat: 11/12 Lane : 1 Athlete: DE VALCK THIBAUT					Q-time: 01:05:11
PB (50m pool): 01:05.11 Antwerpen 20/07/2025					PB (25m pool): 01:02.95 SB: 01:06.50 Charleroi 11/01/2026
	5 0 M	1 0 0 M			
PB	00:31.46	01:05.11			
	00:31.46	00:33.65			
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:11, starttime: 16:00
Heat: 11/12 Lane : 3 Athlete: OST RYAN					Q-time: 01:04:18
PB (50m pool): 01:04.13 Zwembad Brigitte Becue Oostend 10/09/2025					PB (25m pool): 01:01.55 SB: no time
	5 0 M	1 0 0 M			
PB	no time	01:04.13			
	no time				
			

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:7, starttime: 16:20
Heat: 7/11 Lane : 5 Athlete: ROMBOUTS FLOOR			Q-time: 01:14:93
PB (50m pool): 01:14.93 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:13.56 SB: 01:17.04 Charleroi 11/01/2026			
	5 0 M	1 0 0 M	
PB	00:36.66	01:14.93	
	00:36.66	00:38.27	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:7, starttime: 16:20
Heat: 7/11 Lane : 8 Athlete: DE LETTER SOFIE			Q-time: 01:16:44
PB (50m pool): 01:16.44 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:13.53 SB: no time			
	5 0 M	1 0 0 M	
PB	00:37.72	01:16.44	
	00:37.72	00:38.72	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:9, starttime: 16:25
Heat: 9/11 Lane : 8 Athlete: VAN BOCKSTAL YOANNA			Q-time: 01:13:15
PB (50m pool): 01:13.15 Antwerpen 20/07/2025 PB (25m pool): 01:09.93 SB: 01:15.69 Charleroi 11/01/2026			
	5 0 M	1 0 0 M	
PB	00:35.10	01:13.15	
	00:35.10	00:38.05	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:10, starttime: 16:28
Heat: 10/11 Lane : 4 Athlete: WILLAERT AYLA			Q-time: 01:10:19
PB (50m pool): 01:08.59 Antwerpen 28/07/2024 PB (25m pool): 01:06.99 SB: 01:13.45 Charleroi 11/01/2026			
	5 0 M	1 0 0 M	
PB	no time	01:08.59	
	no time		
	

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:11, starttime: 16:30			
Heat: 11/11 Lane : 2 Athlete: VAN DE CLOOT ELINA				Q-time: 01:07:62			
PB (50m pool): 01:06.69 Antwerpen 21/04/2024				PB (25m pool): 01:04.28 SB: no time			
	5 0 M	1 0 0 M					
PB	no time	01:06.69					
	no time						
					

Coach feedback:

Event number: 38: 4x100M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:02	
Heat: 2/2 Lane : 3 Athlete: TEAM HOZT 1							Q-time: 04:08:48	
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: