

# 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 THIBAULT**

**Q-time: 00:26:83**

PB (50m pool): 00:26.83 Zwembad Brigitte Bucue 30/05/2025 PB (25m pool): 00:25.63 SB: 00:26.85 Brugge 25/01/2026

50 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 Bucue 30/05/2025 PB (25m pool): 00:31.22 SB: no time

50 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 Bucue 30/05/2025 PB (25m pool): 00:28.51 SB: 00:29.83 Brugge 25/01/2026

50 M	
PB	00:29.51
	00:29.51
	.....

Coach feedback:

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

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

50 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

50 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

50 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

50 M		100 M		150 M		200 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:

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

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 THIBAULT

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 Bocue Oostend 10/09/2024

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:

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

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

50 M		100 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

50 M		100 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

50 M		100 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

50 M		100 M	
PB	no time	01:08.59	
	no time		
	.....	.....	

Coach feedback:

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

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: