

BK WE1 2025: Session: 2: COACH evaluation sheet for TEAM: BRABO

Coachinfo: Warming up from: 12:30 until 14:15.

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Courier Erik HEADCOACH

PB => Personal Best time

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

Event number: 9: 400M MEDLEY WOMEN 13-14 **Heat:3, starttime: 14:43**

Heat: 3/6 Lane : 4 Athlete: MOR IRIS **Q-time: 05:47:20**

PB (50m pool): 5:47.20 Antwerp 29 Mar 2025 **PB (25m pool): 5:39.84 SB:**

| | 50 M | 100 M | 150 M | 200 M | 250 M | 300 M | 350 M | 400 M |
|----|-------|---------|-------|-------|-------|-------|-------|---------|
| PB | | 1:23.30 | | | | | | 5:47.20 |
| | | 1:23.30 | | | | | | 4:23.90 |
| | | | | | | | | |

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 13-14 **Heat:4, starttime: 15:15**

Heat: 4/7 Lane : 3 Athlete: KERSTENS BAVO **Q-time: 02:14:58**

PB (50m pool): 2:14.58 Antwerp 19 Apr 2025 **PB (25m pool): 2:13.03 SB:**

| | 50 M | 100 M | 150 M | 200 M |
|----|-------|---------|---------|---------|
| PB | 30.58 | 1:05.13 | 1:40.19 | 2:14.58 |
| | 30.58 | 34.55 | 35.06 | 34.39 |
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Coach feedback:

Event number: 10: 200M FREESTYLE MEN 13-14 **Heat:6, starttime: 15:20**

Heat: 6/7 Lane : 8 Athlete: SZABO PETER **Q-time: 02:12:42**

PB (50m pool): 2:12.42 Antwerp 29 Mar 2025 **PB (25m pool): 2:12.15 SB:**

| | 50 M | 100 M | 150 M | 200 M |
|----|-------|---------|---------|---------|
| PB | 30.00 | 1:03.36 | 1:39.11 | 2:12.42 |
| | 30.00 | 33.36 | 35.75 | 33.31 |
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Coach feedback:

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|---|-------------|--------------|---------------------------------|--|--|
| Event number: 11: 100M BUTTERFLY WOMEN 11-12 | | | Heat:2, starttime: 15:28 | | |
| Heat: 2/15 Lane : 8 Athlete: VANDENVEN SAAR | | | Q-time: 01:46:76 | | |
| PB (50m pool): 1:46.76 Oostende 29 May 2025 | | | PB (25m pool): 1:50.38 SB: | | |
| | 50 M | 100 M | | | |
| PB | 49.80 | 1:46.76 | | | |
| | 49.80 | 56.96 | | | |
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Coach feedback:

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|---|-------------|--------------|---------------------------------|--|--|
| Event number: 11: 100M BUTTERFLY WOMEN 11-12 | | | Heat:5, starttime: 15:34 | | |
| Heat: 5/15 Lane : 1 Athlete: DE WIT FLORE | | | Q-time: 01:36:37 | | |
| PB (50m pool): 1:36.37 Mol 21 Jun 2025 | | | PB (25m pool): 1:41.12 SB: | | |
| | 50 M | 100 M | | | |
| PB | 43.99 | 1:36.37 | | | |
| | 43.99 | 52.38 | | | |
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Coach feedback:

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|--|-------------|--------------|--------------|--------------|---------------------------------|--------------|--------------|--------------|
| Event number: 12: 400M FREESTYLE MEN 11-12 | | | | | Heat:1, starttime: 15:54 | | | |
| Heat: 1/12 Lane : 3 Athlete: LENAERTS JOPPE | | | | | Q-time: 05:47:67 | | | |
| PB (50m pool): 5:57.76 Antwerp 26 Jan 2025 | | | | | PB (25m pool): 5:47.67 SB: | | | |
| | 50 M | 100 M | 150 M | 200 M | 250 M | 300 M | 350 M | 400 M |
| PB | 37.52 | 1:21.41 | 2:07.34 | 2:54.48 | 3:41.34 | 4:27.11 | 5:11.74 | 5:57.76 |
| | 37.52 | 43.89 | 45.93 | 47.14 | 46.86 | 45.77 | 44.63 | 46.02 |
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Coach feedback:

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|---|-------------|--------------|--------------|--------------|---------------------------------|--------------|--------------|--------------|
| Event number: 12: 400M FREESTYLE MEN 11-12 | | | | | Heat:4, starttime: 16:12 | | | |
| Heat: 4/12 Lane : 4 Athlete: TIEST FALCO | | | | | Q-time: 05:28:61 | | | |
| PB (50m pool): 5:33.22 Antwerp 18 May 2025 | | | | | PB (25m pool): 5:28.61 SB: | | | |
| | 50 M | 100 M | 150 M | 200 M | 250 M | 300 M | 350 M | 400 M |
| PB | | 1:18.14 | | 2:43.64 | | | | 5:33.22 |
| | | 1:18.14 | | 1:25.50 | | | | 2:49.58 |
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Coach feedback:

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|--|-------------|--------------|--------------|----------------------------|--------------|--------------|---------------------------------|--------------|
| Event number: 12: 400M FREESTYLE MEN 11-12 | | | | | | | Heat:5, starttime: 16:18 | |
| Heat: 5/12 Lane : 3 Athlete: VERCAMMEN MAGNUS | | | | | | | Q-time: 05:26:99 | |
| PB (50m pool): 5:26.99 Antwerp 26 Jan 2025 | | | | PB (25m pool): 5:28.11 SB: | | | | |
| | 50 M | 100 M | 150 M | 200 M | 250 M | 300 M | 350 M | 400 M |
| PB | 36.12 | 1:17.09 | 1:59.19 | 2:41.01 | 3:23.09 | 4:05.23 | 4:47.51 | 5:26.99 |
| | 36.12 | 40.97 | 42.10 | 41.82 | 42.08 | 42.14 | 42.28 | 39.48 |
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Coach feedback:

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|---|-------------|--------------|--------------|----------------------------|--------------|--------------|---------------------------------|--------------|
| Event number: 12: 400M FREESTYLE MEN 11-12 | | | | | | | Heat:8, starttime: 16:36 | |
| Heat: 8/12 Lane : 3 Athlete: APERS REDA | | | | | | | Q-time: 05:20:34 | |
| PB (50m pool): 5:20.34 Antwerp 18 May 2025 | | | | PB (25m pool): 5:44.38 SB: | | | | |
| | 50 M | 100 M | 150 M | 200 M | 250 M | 300 M | 350 M | 400 M |
| PB | | 1:16.32 | | 2:39.06 | | | | 5:20.34 |
| | | 1:16.32 | | 1:22.74 | | | | 2:41.28 |
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Coach feedback:

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|--|-------------|--------------|----------------------------|--|---------------------------------|--|--|--|
| Event number: 13: 100M BACKSTROKE WOMEN 13-14 | | | | | Heat:1, starttime: 17:04 | | | |
| Heat: 1/9 Lane : 3 Athlete: BAHLOULA ANISSA | | | | | Q-time: 01:17:91 | | | |
| PB (50m pool): 1:17.91 Antwerp 20 Apr 2025 | | | PB (25m pool): 1:15.73 SB: | | | | | |
| | 50 M | 100 M | | | | | | |
| PB | 37.81 | 1:17.91 | | | | | | |
| | 37.81 | 40.10 | | | | | | |
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Coach feedback:

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|--|-------------|--------------|----------------------------|--|---------------------------------|--|--|--|
| Event number: 13: 100M BACKSTROKE WOMEN 13-14 | | | | | Heat:2, starttime: 17:05 | | | |
| Heat: 2/9 Lane : 4 Athlete: VAN DEN BOSCH ELISE | | | | | Q-time: 01:16:80 | | | |
| PB (50m pool): 1:16.80 Oostende 30 May 2025 | | | PB (25m pool): 1:16.02 SB: | | | | | |
| | 50 M | 100 M | | | | | | |
| PB | 37.77 | 1:16.80 | | | | | | |
| | 37.77 | 39.03 | | | | | | |
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Coach feedback:

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|---|-------------|--------------|---------------------------------|--|--|
| Event number: 13: 100M BACKSTROKE WOMEN 13-14 | | | Heat:3, starttime: 17:07 | | |
| Heat: 3/9 Lane : 1 Athlete: VAN TENDELOO MARIE | | | Q-time: 01:16:56 | | |
| PB (50m pool): 1:16.56 Gent 4 May 2025 | | | PB (25m pool): 1:14.99 SB: | | |
| | 50 M | 100 M | | | |
| PB | 36.78 | 1:16.56 | | | |
| | 36.78 | 39.78 | | | |
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Coach feedback:

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|---|-------------|--------------|---------------------------------|--|--|
| Event number: 14: 100M BUTTERFLY MEN 13-14 | | | Heat:5, starttime: 17:24 | | |
| Heat: 5/5 Lane : 4 Athlete: SZABO PETER | | | Q-time: 01:01:36 | | |
| PB (50m pool): 1:01.36 Oostende 30 May 2025 | | | PB (25m pool): 1:01.97 SB: | | |
| | 50 M | 100 M | | | |
| PB | 28.59 | 1:01.36 | | | |
| | 28.59 | 32.77 | | | |
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Coach feedback:

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|---|-------------|--------------|--------------|--------------|---------------------------------|--------------|--------------|--------------|
| Event number: 15: 4x100M FREESTYLE WOMEN 13-14 | | | | | Heat:2, starttime: 17:32 | | | |
| Heat: 2/3 Lane : 7 Athlete: TEAM BRABO 1 | | | | | Q-time: 04:32:26 | | | |
| PB (50m pool): | | | | | PB (25m pool): No time SB: | | | |
| | 50 M | 100 M | 150 M | 200 M | 250 M | 300 M | 350 M | 400 M |
| PB | | | | | | | | |
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Coach feedback:

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|---|-------------|--------------|--------------|--------------|---------------------------------|--------------|--------------|--------------|
| Event number: 16: 4x100M FREESTYLE MEN 11-12 | | | | | Heat:2, starttime: 17:48 | | | |
| Heat: 2/2 Lane : 2 Athlete: TEAM BRABO 1 | | | | | Q-time: 04:44:99 | | | |
| PB (50m pool): | | | | | PB (25m pool): No time SB: | | | |
| | 50 M | 100 M | 150 M | 200 M | 250 M | 300 M | 350 M | 400 M |
| PB | | | | | | | | |
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Coach feedback: