

BK WE1 2025: Session: 4: 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: 24: 200M MEDLEY MEN 13-14 **Heat:1, starttime: 14:30**

Heat: 1/13 Lane : 5 Athlete: CEUSTERS ROBIN **Q-time: 02:51:21**

PB (50m pool): 2:51.21 Antwerp 25 Jan 2025 **PB (25m pool): 2:51.87 SB:**

	50 M	100 M	150 M	200 M	
PB	38.74	1:23.83	2:14.39	2:51.21	
	38.74	45.09	50.56	36.82	
	

Coach feedback:

Event number: 24: 200M MEDLEY MEN 13-14 **Heat:2, starttime: 14:33**

Heat: 2/13 Lane : 4 Athlete: CRISTIAN DAMIAN IANIS **Q-time: 02:48:84**

PB (50m pool): Antwerp 18 May 2025 **PB (25m pool): 2:52.54 SB:**

	50 M	100 M	150 M	200 M	
PB					
	

Coach feedback:

Event number: 24: 200M MEDLEY MEN 13-14 **Heat:3, starttime: 14:36**

Heat: 3/13 Lane : 2 Athlete: VAN SEVEREN MERLIJN **Q-time: 02:48:23**

PB (50m pool): 2:48.23 Antwerp 25 Jan 2025 **PB (25m pool): 2:45.48 SB:**

	50 M	100 M	150 M	200 M	
PB	36.83	1:21.97	2:10.80	2:48.23	
	36.83	45.14	48.83	37.43	
	

Coach feedback:

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Event number: 24: 200M MEDLEY MEN 13-14				Heat:7, starttime: 14:49	
Heat: 7/13 Lane : 6 Athlete: KERSTENS BAVO				Q-time: 02:36:90	
PB (50m pool): 2:36.90 Wezenberg 5 Jan 2025			PB (25m pool): 2:34.83 SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	32.43	1:11.55	2:01.16	2:36.90	
	32.43	39.12	49.61	35.74	
	

Coach feedback:

Event number: 26: 100M FREESTYLE MEN 11-12			Heat:3, starttime: 15:19		
Heat: 3/14 Lane : 5 Athlete: LENAERTS JOPPE			Q-time: 01:15:28		
PB (50m pool): 1:15.28 Antwerp 30 Mar 2025		PB (25m pool): 1:13.72 SB:			
	5 0 M	1 0 0 M			
PB	34.81	1:15.28			
	34.81	40.47			
			

Coach feedback:

Event number: 26: 100M FREESTYLE MEN 11-12			Heat:6, starttime: 15:24		
Heat: 6/14 Lane : 3 Athlete: TIEST FALCO			Q-time: 01:12:96		
PB (50m pool): 1:12.96 Antwerp 30 Mar 2025		PB (25m pool): 1:20.53 SB:			
	5 0 M	1 0 0 M			
PB	34.75	1:12.96			
	34.75	38.21			
			

Coach feedback:

Event number: 26: 100M FREESTYLE MEN 11-12			Heat:7, starttime: 15:25		
Heat: 7/14 Lane : 4 Athlete: VERCAMMEN MAGNUS			Q-time: 01:11:91		
PB (50m pool): 1:11.91 Antwerp 30 Mar 2025		PB (25m pool): 1:12.58 SB:			
	5 0 M	1 0 0 M			
PB	34.72	1:11.91			
	34.72	37.19			
			

Coach feedback:

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Event number: 26: 100M FREESTYLE MEN 11-12			Heat:8, starttime: 15:27		
Heat: 8/14 Lane : 2 Athlete: APERS REDA			Q-time: 01:11:59		
PB (50m pool): 1:11.59 Antwerp 19 Apr 2025			PB (25m pool): 1:13.16 SB:		
	50 M	100 M			
PB	34.70	1:11.59			
	34.70	36.89			
			

Coach feedback:

Event number: 26: 100M FREESTYLE MEN 11-12			Heat:12, starttime: 15:33		
Heat: 12/14 Lane : 1 Athlete: IMBERT OTIS			Q-time: 01:08:53		
PB (50m pool): 1:08.53 Mol 22 Jun 2025			PB (25m pool): 1:09.51 SB:		
	50 M	100 M			
PB	33.52	1:08.53			
	33.52	35.01			
			

Coach feedback:

Event number: 27: 400M FREESTYLE WOMEN 11-12					Heat:4, starttime: 15:56			
Heat: 4/14 Lane : 7 Athlete: DE WIT FLORE					Q-time: 05:47:28			
PB (50m pool): 6:24.26 Antwerp 25 Jan 2025					PB (25m pool): 5:47.28 SB:			
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	40.84	1:28.46	2:17.69	3:06.84	3:56.61	4:45.83	5:35.55	6:24.26
	40.84	47.62	49.23	49.15	49.77	49.22	49.72	48.71

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14			Heat:2, starttime: 17:02		
Heat: 2/7 Lane : 7 Athlete: ALEGRE AGUSTIN			Q-time: 01:03:24		
PB (50m pool): 1:03.24 Antwerp 19 Apr 2025			PB (25m pool): 1:03.28 SB:		
	50 M	100 M			
PB	30.25	1:03.24			
	30.25	32.99			
			

Coach feedback:

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Event number: 28: 100M FREESTYLE MEN 13-14			Heat:3, starttime: 17:03		
Heat: 3/7 Lane : 4 Athlete: KERSTENS BAVO			Q-time: 01:01:59		
PB (50m pool): 1:01.59 Antwerp 26 Jan 2025			PB (25m pool): 1:00.08 SB:		
	50 M	100 M			
PB	29.25	1:01.59			
	29.25	32.34			
			

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14			Heat:7, starttime: 17:08		
Heat: 7/7 Lane : 5 Athlete: SZABO PETER			Q-time: 00:56:48		
PB (50m pool): 56.48 Oostende 29 May 2025			PB (25m pool): 1:00.70 SB:		
	50 M	100 M			
PB	27.51	56.48			
	27.51	28.97			
			

Coach feedback:

Event number: 29: 4x100M MEDLEY MEN 11-12					Heat:2, starttime: 17:16			
Heat: 2/2 Lane : 2 Athlete: TEAM BRABO 1					Q-time: 05:24:54			
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								

Coach feedback:

Event number: 31: 4x100M MEDLEY MEN 13-14					Heat:2, starttime: 17:39			
Heat: 2/2 Lane : 6 Athlete: TEAM BRABO 1					Q-time: 04:37:23			
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								

Coach feedback: