

# vjk korte baan25: Session: 2: COACH evaluation sheet for TEAM: KST

Coachinfo: Warming up from: 13:00 until 13:45. Teamleadmeeting @ Relay line-up input: The listed starttimes are indicative!

Coaches: Verrijken Valerie HEADCOACH

PB => Personal Best time

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

**Event number: 5: 100M FREESTYLE MEN 11-12** **Heat:5, starttime: 14:07**

**Heat: 5/17 Lane : 5 Athlete: ADAMS MATHIS** **Q-time: 01:15:65**

**PB (25m pool): 01:15.65 Antwerpen 12/10/2025** **PB (50m pool): 01:21.21 SB: 01:15.65 Antwerpen 12/10/2025**

	25 M	50 M	75 M	100 M	
<b>PB</b>		00:36.69		01:15.65	
	00:36.69		00:38.96		
	.....	.....	.....	.....	

Coach feedback:

**Event number: 5: 100M FREESTYLE MEN 11-12** **Heat:14, starttime: 14:23**

**Heat: 14/17 Lane : 5 Athlete: LEYSEN JEROEN** **Q-time: 01:08:30**

**PB (25m pool): 01:08.30 Antwerpen 12/10/2025** **PB (50m pool): 01:09.64 SB: 01:08.30 Antwerpen 12/10/2025**

	25 M	50 M	75 M	100 M	
<b>PB</b>		00:33.51		01:08.30	
	00:33.51		00:34.79		
	.....	.....	.....	.....	

Coach feedback:

**Event number: 5: 100M FREESTYLE MEN 11-12** **Heat:15, starttime: 14:24**

**Heat: 15/17 Lane : 1 Athlete: LEYSEN BENJAMIN** **Q-time: 01:08:03**

**PB (25m pool): 01:08.03 Antwerpen 12/10/2025** **PB (50m pool): 01:09.46 SB: 01:08.03 Antwerpen 12/10/2025**

	25 M	50 M	75 M	100 M	
<b>PB</b>		00:32.63		01:08.03	
	00:32.63		00:35.40		
	.....	.....	.....	.....	

Coach feedback:

# vjk korte baan25: Session: 2: COACH evaluation sheet for TEAM: KST

**Event number: 6: 100M BREASTSTROKE WOMEN 11-12** Heat:12, starttime: 14:54

**Heat: 12/15 Lane : 5 Athlete: DIERCKX ASTRID** Q-time: 01:30:56

**PB (25m pool): 01:30.56 Turnhout 02/03/2025** **PB (50m pool): 01:32.40 SB: 01:32.56 Antwerpen 12/10/2025**

	25 M	50 M	75 M	100 M
PB		00:43.18		01:30.56
	00:43.18		00:47.38	
	.....	.....	.....	.....

Coach feedback:

**Event number: 7: 50M BUTTERFLY MEN 11-12** Heat:8, starttime: 15:11

**Heat: 8/17 Lane : 2 Athlete: ADAMS MATHIS** Q-time: 00:40:08

**PB (25m pool): 00:40.08 Antwerpen 12/10/2025** **PB (50m pool): 00:42.42 SB: 00:40.08 Antwerpen 12/10/2025**

	25 M	50 M
PB		00:40.08
	00:40.08	
	.....	.....

Coach feedback:

**Event number: 7: 50M BUTTERFLY MEN 11-12** Heat:9, starttime: 15:12

**Heat: 9/17 Lane : 5 Athlete: LEYSEN BENJAMIN** Q-time: 00:39:16

**PB (25m pool): 00:39.43 Kalmthout 23/02/2025** **PB (50m pool): 00:39.16 SB: no time**

	25 M	50 M
PB		00:39.43
	00:39.43	
	.....	.....

Coach feedback:

**Event number: 7: 50M BUTTERFLY MEN 11-12** Heat:12, starttime: 15:16

**Heat: 12/17 Lane : 6 Athlete: LEYSEN JEROEN** Q-time: 00:36:91

**PB (25m pool): 00:37.27 Antwerpen 12/10/2025** **PB (50m pool): 00:36.91 SB: 00:37.27 Antwerpen 12/10/2025**

	25 M	50 M
PB		00:37.27
	00:37.27	
	.....	.....

Coach feedback:

# vjk korte baan25: Session: 2: COACH evaluation sheet for TEAM: KST

**Event number: 8: 50M BUTTERFLY WOMEN 11-12** **Heat:11, starttime: 15:35**

**Heat: 11/15 Lane : 8 Athlete: DIERCKX ASTRID** **Q-time: 00:37:09**

**PB (25m pool): no time** **PB (50m pool): 00:37.09** **SB: no time**

	<b>25 M</b>	<b>50 M</b>	
<b>PB</b>		no time	
	<i>no time</i>		
	.....	.....	

Coach feedback: