

M.Christophe Jorissen: Session: 1: COACH evaluation sheet for TEAM: DIZV

Coachinfo: Warming up from: 07:30 untill 08:25. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Gillain Alexandra

Coaches: De Paepe Inge HEADCOACH

PB => Personal Best time

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

Event number: 4: 200M BREASTSTROKE MEN 13+ Heat:1, starttime: 09:53

Heat: 1/3 Lane : 7 Athlete: PROPS LUKAS Q-time: 99:99:99

PB (50m pool): 04:01.65 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): no time 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	04:01.65	
	no time				
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 13+ Heat:2, starttime: 09:57

Heat: 2/3 Lane : 7 Athlete: VERHERSTRAETEN KOBE Q-time: 03:13:71

PB (50m pool): 03:32.29 Antwerpen 14/07/2024 PB (25m pool): 03:13.71 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	03:32.29	
	no time				
					

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 13+ Heat:2, starttime: 10:09

Heat: 2/4 Lane : 3 Athlete: DE WILDE MARGOT Q-time: 03:20:58

PB (50m pool): 03:20.58 Aalst 20/12/2025 PB (25m pool): 03:36.62 SB: 03:20.58 Aalst 20/12/2025

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.64	01:38.69	02:30.50	03:20.58	
	00:46.64	00:52.05	00:51.81	00:50.08	
					

Coach feedback:

M.Christophe Jorissen: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 6: 100M BUTTERFLY MEN 11+						Heat:2, starttime: 10:24	
Heat: 2/5 Lane : 3 Athlete: VERSTRYNGE OSCAR						Q-time: 01:22:09	
PB (50m pool): 01:22.09 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): no time SB: 01:22.09 Zwembad Brigitte Becue 26/04/2026							
	5 0 M	1 0 0 M					
PB	00:39.25	01:22.09					
	00:39.25	00:42.84					
							

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 11+						Heat:2, starttime: 10:34	
Heat: 2/4 Lane : 5 Athlete: VANDEROOST CLARA						Q-time: 01:29:88	
PB (50m pool): 01:31.31 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:29.88 SB: 01:31.31 Zwembad Brigitte Becue 26/04/2026							
	5 0 M	1 0 0 M					
PB	00:40.45	01:31.31					
	00:40.45	00:50.86					
							

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 11+						Heat:3, starttime: 10:36	
Heat: 3/4 Lane : 6 Athlete: DERIJCKE LAURA						Q-time: 01:21:36	
PB (50m pool): 01:26.20 Antwerpen 15/03/2026						PB (25m pool): 01:21.36 SB: 01:26.20 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M					
PB	00:37.92	01:26.20					
	00:37.92	00:48.28					
							

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 13+					Heat:1, starttime: 10:51
Heat: 1/5 Lane : 4 Athlete: HAEZEBROUCK THIJS					Q-time: 03:01:60
PB (50m pool): 03:26.88 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 03:01.60 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	03:26.88	
	no time				
					

Coach feedback:

M.Christophe Jorissen: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 9: 200M FREESTYLE MEN 13+				Heat:2, starttime: 10:55	
Heat: 2/5 Lane : 7 Athlete: PROPS LUKAS				Q-time: 02:45:97	
PB (50m pool): 02:53.71 Aalst 20/12/2025				PB (25m pool): 02:45.97 SB: 02:53.71 Aalst 20/12/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.53	01:27.40	02:15.43	02:53.71	
	00:40.53	00:46.87	00:48.03	00:38.28	
					

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 13+				Heat:3, starttime: 10:58	
Heat: 3/5 Lane : 1 Athlete: VERSTRYNGE OSCAR				Q-time: 02:32:09	
PB (50m pool): no time				PB (25m pool): 02:32.09 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	no time	
	no time				
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+				Heat:3, starttime: 11:14	
Heat: 3/7 Lane : 3 Athlete: MOXHET TESS				Q-time: 02:36:28	
PB (50m pool): 02:47.54 Antwerpen 13/07/2025				PB (25m pool): 02:36.28 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.77	01:20.99	02:05.74	02:47.54	
	00:37.77	00:43.22	00:44.75	00:41.80	
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+				Heat:3, starttime: 11:14	
Heat: 3/7 Lane : 4 Athlete: DE WILDE LORE				Q-time: 02:34:82	
PB (50m pool): 02:37.39 Antwerpen 13/07/2025				PB (25m pool): 02:34.82 SB: 02:41.50 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.16	01:17.34	01:58.28	02:37.39	
	00:36.16	00:41.18	00:40.94	00:39.11	
					

Coach feedback:

M.Christophe Jorissen: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:7, starttime: 11:26
Heat: 7/7 Lane : 5 Athlete: VERHERSTRAETEN LORE					Q-time: 02:17:30
PB (50m pool): 02:23.52 Aalst 20/12/2025					PB (25m pool): 02:17.30 SB: 02:23.52 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.44	01:09.63	01:47.11	02:23.52	
	00:32.44	00:37.19	00:37.48	00:36.41	
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 11:42
Heat: 4/10 Lane : 1 Athlete: HAEZEBROUCK THIJS					Q-time: 01:34:85
PB (50m pool): 01:38.40 Lago Gent Rozebroeken 05/05/2024					PB (25m pool): 01:34.85 SB: 01:39.86 Aalst 20/12/2025
	5 0 M	1 0 0 M			
PB	no time	01:38.40			
	no time				
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 12:15
Heat: 9/11 Lane : 5 Athlete: DE WILDE LORE					Q-time: 01:19:17
PB (50m pool): 01:20.68 Antwerpen 13/07/2025					PB (25m pool): 01:19.17 SB: 01:20.96 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M			
PB	00:39.10	01:20.68			
	00:39.10	00:41.58			
					

Coach feedback:

Event number: 13: 400M MEDLEY MEN 13+							Heat:1, starttime: 12:21	
Heat: 1/2 Lane : 6 Athlete: VERHERSTRAETEN KOBE							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): 05:58.22 SB: no time					
	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	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

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Event number: 14: 400M MEDLEY WOMEN 13+							Heat:1, starttime: 12:41	
Heat: 1/2 Lane : 4 Athlete: VERHERSTRAETEN LORE							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): no time SB: no time					
	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	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 14: 400M MEDLEY WOMEN 13+							Heat:1, starttime: 12:41	
Heat: 1/2 Lane : 5 Athlete: VANDEROOST CLARA							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): no time SB: no time					
	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	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 14: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 12:47	
Heat: 2/2 Lane : 1 Athlete: DERIJCKE LAURA							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): 06:21.40 SB: no time					
	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	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 14: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 12:47	
Heat: 2/2 Lane : 7 Athlete: MOXHET TESS							Q-time: 06:11:41	
PB (50m pool): no time			PB (25m pool): 06:11.41 SB: no time					
	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	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 14: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 12:47	
Heat: 2/2 Lane : 8 Athlete: DE WILDE MARGOT							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): no time SB: no time					
	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	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback: