

Santa Claus 2025: Session: 2: COACH evaluation sheet for TEAM: HOZT

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ 13:15 The listed starttimes are indicative!

Coaches: Verheyen Lore

Coaches: Pingnet Olivier HEADCOACH

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

Event number: 7: 100M BREASTSTROKE MIXED 10-9					Heat:2, starttime: 14:10
Heat: 2/2 Lane : 1 Athlete: FABRY LIEZE					Q-time: 02:03:17
PB (25m pool): no time					PB (50m pool): 02:03.17 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 7: 100M BREASTSTROKE MIXED 10-9					Heat:2, starttime: 14:10
Heat: 2/2 Lane : 3 Athlete: VAN DE VELDE ELISE					Q-time: 01:47:10
PB (25m pool): 01:47.10 Nijlen 16/11/2025					PB (50m pool): 01:48.18 SB: 01:47.10 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.20		01:47.10	
	00:53.20 00:53.90				
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 14:15
Heat: 2/4 Lane : 2 Athlete: DOCHITA EDUARD					Q-time: 01:32:69
PB (25m pool): 01:32.69 TEMSE 23/11/2025					PB (50m pool): 01:40.14 SB: 01:32.69 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.97		01:32.69	
	00:43.97 00:48.72				
					

Coach feedback:

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Event number: 8: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 14:18
Heat: 3/4 Lane : 2 Athlete: KEUSTERMANS LARD					Q-time: 01:20:88
PB (25m pool): 01:20.88 Diksmuide 17/11/2024					PB (50m pool): 01:21.50 SB: 01:22.46 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.46		01:20.88	
	00:38.46		00:42.42		
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 14:18
Heat: 3/4 Lane : 3 Athlete: COUVREUR FRED					Q-time: 01:22:02
PB (25m pool): 01:22.02 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:26.72 SB: 01:22.02 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.65		01:22.02	
	00:39.65		00:42.37		
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 14:20
Heat: 4/4 Lane : 3 Athlete: DE VALCK THIBAUT					Q-time: 01:12:88
PB (25m pool): 01:11.80 Sint-Amandsberg 27/10/2024					PB (50m pool): 01:14.27 SB: 01:12.88 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.06		01:11.80	
	00:33.06		00:38.74		
					

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 14:24
Heat: 2/4 Lane : 2 Athlete: KENIS STERRE					Q-time: 01:36:93
PB (25m pool): 01:36.93 Nijlen 16/11/2025					PB (50m pool): 01:40.26 SB: 01:36.93 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.05		01:36.93	
	00:46.05		00:50.88		
					

Coach feedback:

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Event number: 9: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 14:24
Heat: 2/4 Lane : 3 Athlete: VAN DIJCK LOTTE					Q-time: 01:37:20
PB (25m pool): 01:37.20 Nijlen 16/11/2025					PB (50m pool): 01:41.74 SB: 01:37.20 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.03		01:37.20	
	00:47.03		00:50.17		
					

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 14:28
Heat: 4/4 Lane : 1 Athlete: VAN BOCKSTAL YOANNA					Q-time: 01:22:71
PB (25m pool): 01:22.71 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:28.92 SB: 01:22.71 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.39		01:22.71	
	00:39.39		00:43.32		
					

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 14:28
Heat: 4/4 Lane : 2 Athlete: MELIS VLINDER					Q-time: 01:18:76
PB (25m pool): 01:18.76 Temse 17/11/2025					PB (50m pool): 01:23.99 SB: 01:18.76 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.47		01:18.76	
	00:37.47		00:41.29		
					

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 14:28
Heat: 4/4 Lane : 3 Athlete: ROMBOUTS FLOOR					Q-time: 01:20:45
PB (25m pool): 01:20.45 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:22.56 SB: 01:20.45 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.67		01:20.45	
	00:38.67		00:41.78		
					

Coach feedback:

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Event number: 9: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 14:28
Heat: 4/4 Lane : 4 Athlete: MELIS FEE					Q-time: 01:27:03
PB (25m pool): 01:27.03 Nijlen 16/11/2025					PB (50m pool): 01:34.54 SB: 01:27.03 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.41		01:27.03	
	00:40.41		00:46.62		
					

Coach feedback:

Event number: 15: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 15:10	
Heat: 1/2 Lane : 2 Athlete: KENIS STERRE							Q-time: 03:26:59	
PB (25m pool): 03:26.59 Antwerpen 12/10/2025				PB (50m pool): no time SB: 03:26.59 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:48.68		01:41.81		02:34.59		03:26.59
	00:48.68		00:53.13		00:52.78		00:52.00	
								

Coach feedback:

Event number: 15: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:14	
Heat: 2/2 Lane : 3 Athlete: MELIS FEE							Q-time: 03:14:33	
PB (25m pool): 03:14.33 Antwerpen 12/10/2025				PB (50m pool): 03:27.69SB: 03:14.33 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:43.84		01:33.73		02:24.86		03:14.33
	00:43.84		00:49.89		00:51.13		00:49.47	
								

Coach feedback:

Event number: 17: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 15:20
Heat: 1/1 Lane : 1 Athlete: COUVREUR FRED					Q-time: 01:09:82
PB (25m pool): 01:09.82 TEMSE 23/11/2025					PB (50m pool): 01:13.04 SB: 01:09.82 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.41		01:09.82	
	00:34.41		00:35.41		
					

Coach feedback:

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Event number: 18: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:28
Heat: 3/3 Lane : 2 Athlete: MELIS VLINDER					Q-time: 01:08:76
PB (25m pool): 01:08.76 Sinbad 22/07/2025					PB (50m pool): 01:11.29 SB: 01:08.82 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.59		01:08.76	
	00:33.59		00:35.17		
					

Coach feedback:

Event number: 18: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:28
Heat: 3/3 Lane : 3 Athlete: VAN BOCKSTAL YOANNA					Q-time: 01:09:93
PB (25m pool): 01:09.93 Nijlen 16/11/2025					PB (50m pool): 01:13.15 SB: 01:09.93 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.04		01:09.93	
	00:33.04		00:36.89		
					

Coach feedback:

Event number: 21: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 15:55
Heat: 2/3 Lane : 1 Athlete: FABRY LIEZE					Q-time: 01:40:08
PB (25m pool): 01:40.08 TEMSE 23/11/2025					PB (50m pool): 01:45.31 SB: 01:40.08 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.32		01:40.08	
	00:48.32		00:51.76		
					

Coach feedback:

Event number: 21: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 15:55
Heat: 2/3 Lane : 2 Athlete: VAN DE VELDE ELISE					Q-time: 01:31:89
PB (25m pool): 01:33.05 Aarschot 04/05/2025					PB (50m pool): 01:31.23 SB: 01:34.62 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.78		01:33.05	
	00:44.78		00:48.27		
					

Coach feedback:

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Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 16:04
Heat: 1/4 Lane : 3 Athlete: VAN DIJCK LOTTE					Q-time: 01:24:02
PB (25m pool): 01:24.02 Nijlen 16/11/2025					PB (50m pool): 01:28.01 SB: 01:24.02 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.97		01:24.02	
	00:40.97		00:43.05		
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 16:08
Heat: 3/4 Lane : 4 Athlete: MELIS FEE					Q-time: 01:13:29
PB (25m pool): 01:13.29 Temse 17/11/2025					PB (50m pool): 01:17.95 SB: 01:13.29 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.32		01:13.29	
	00:35.32		00:37.97		
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 16:10
Heat: 4/4 Lane : 2 Athlete: MELIS VLINDER					Q-time: 01:02:37
PB (25m pool): 01:02.37 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:05.64 SB: 01:02.37 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.00		01:02.37	
	00:30.00		00:32.37		
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 16:10
Heat: 4/4 Lane : 3 Athlete: VAN BOCKSTAL YOANNA					Q-time: 01:02:69
PB (25m pool): 01:02.69 Nijlen 16/11/2025					PB (50m pool): 01:04.23 SB: 01:02.69 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.40		01:02.69	
	00:29.40		00:33.29		
					

Coach feedback:

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Event number: 25: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 16:13
Heat: 1/1 Lane : 2 Athlete: DE VALCK THIBAUT					Q-time: 01:09:43
PB (25m pool): 01:09.43 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:11.73 SB: 01:09.43 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.66		01:09.43	
	00:32.66		00:36.77		
					

Coach feedback:

Event number: 25: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 16:13
Heat: 1/1 Lane : 3 Athlete: KEUSTERMANS LARD					Q-time: 01:11:78
PB (25m pool): 01:11.78 Temse 17/11/2025					PB (50m pool): 01:12.33 SB: 01:11.78 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.37		01:11.78	
	00:33.37		00:38.41		
					

Coach feedback:

Event number: 28: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:26	
Heat: 1/1 Lane : 2 Athlete: ROMBOUTS FLOOR							Q-time: 02:24:58	
PB (25m pool): 02:24.58 TEMSE 23/11/2025				PB (50m pool): 02:28.98SB: 02:24.58 TEMSE 23/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.89		01:10.85		01:48.05		02:24.58
	00:33.89		00:36.96		00:37.20		00:36.53	
								

Coach feedback:

Event number: 29: 200M MEDLEY MEN 11+							Heat:3, starttime: 16:37	
Heat: 3/4 Lane : 3 Athlete: DOCHITA EDUARD							Q-time: 02:56:60	
PB (25m pool): 02:56.60 Antwerpen 12/10/2025				PB (50m pool): 02:57.43 SB: 02:56.60 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.88		01:25.23		02:17.24		02:56.60
	00:41.88		00:43.35		00:52.01		00:39.36	
								

Coach feedback:

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Event number: 30: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 16:44	
Heat: 1/2 Lane : 2 Athlete: MELIS FEE							Q-time: 02:56:44	
PB (25m pool): 03:02.68 Arendonk 25/05/2025				PB (50m pool): 02:56.44 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.82		no time		no time		03:02.68
	00:40.82							
								

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 16:44	
Heat: 1/2 Lane : 3 Athlete: KENIS STERRE							Q-time: 03:08:83	
PB (25m pool): 03:08.83 Antwerpen 12/10/2025				PB (50m pool): 03:10.24 SB: 03:08.83 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.96		01:30.88		02:27.47		03:08.83
	00:44.96		00:45.92		00:56.59		00:41.36	
								

Coach feedback:

Event number: 30: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 16:48	
Heat: 2/2 Lane : 2 Athlete: MELIS VLINDER							Q-time: 02:33:81	
PB (25m pool): 02:33.81 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:39.61 SB: 02:33.81 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.68		01:12.80		01:59.16		02:33.81
	00:34.68		00:38.12		00:46.36		00:34.65	
								

Coach feedback: