

ZGEEL 2daagse 26: Session: 1: COACH evaluation sheet for TEAM: STW

Coachinfo: Warming up from: 07:10 untill 08:25. Teamleadmeeting @ 07:45 The listed starttimes are indicative!

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

PB => Personal Best time

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

Event number: 1: 100M BACKSTROKE MEN 11+ Heat:11, starttime: 08:55

Heat: 11/25 Lane : 3 Athlete: VANHAVERE DAAN				Q-time: 01:15:13
PB (25m pool): 01:15.13 Sint-Niklaas 11/01/2026		PB (50m pool): 01:17.58 SB: 01:15.13 Sint-Niklaas 11/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:37.08		01:15.13
		00:37.08		00:38.05
				

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+ Heat:13, starttime: 08:55

Heat: 13/25 Lane : 6 Athlete: HOEFMAN HANNES				Q-time: 01:14:40
PB (25m pool): 01:14.40 Temse 17/11/2025		PB (50m pool): 01:17.83 SB: 01:14.40 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:36.35		01:14.40
		00:36.35		00:38.05
				

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+ Heat:15, starttime: 09:00

Heat: 15/25 Lane : 3 Athlete: BOURDIAUDHY THIBAU				Q-time: 01:11:07
PB (25m pool): 00:43.47 Temse 12/03/2023		PB (50m pool): 01:14.22 SB: 01:11.07 Sint-Niklaas 11/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		no time		00:43.47
		no time		
				

Coach feedback:

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Event number: 1: 100M BACKSTROKE MEN 11+					Heat:15, starttime: 09:00
Heat: 15/25 Lane : 4 Athlete: VERHAGEN TOON					Q-time: 01:11:08
PB (25m pool): 01:11.08 TEMSE 23/11/2025					PB (50m pool): 01:21.08 SB: 01:11.08 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.18		01:11.08	
	00:35.18		00:35.90		
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:17, starttime: 09:05
Heat: 17/25 Lane : 4 Athlete: VAN GOETHEM ARTHUR					Q-time: 01:07:89
PB (25m pool): 01:07.89 Temse 17/11/2025					PB (50m pool): 01:12.34 SB: 01:07.89 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.17		01:07.89	
	00:33.17		00:34.72		
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:20, starttime: 09:10
Heat: 20/25 Lane : 5 Athlete: VAN DE GENDER NILS					Q-time: 01:05:45
PB (25m pool): 01:04.85 TEMSE 24/11/2024					PB (50m pool): 01:08.03 SB: 01:05.82 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.89		01:04.85	
	00:31.89		00:32.96		
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:21, starttime: 09:10
Heat: 21/25 Lane : 6 Athlete: VERHAGEN ROBBE					Q-time: 01:05:25
PB (25m pool): 01:05.25 Temse 21/12/2025					PB (50m pool): 01:08.65 SB: 01:05.25 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.94		01:05.25	
	00:31.94		00:33.31		
					

Coach feedback:

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Event number: 1: 100M BACKSTROKE MEN 11+					Heat:23, starttime: 09:15
Heat: 23/25 Lane : 5 Athlete: VAN DE GENDER WOUT					Q-time: 01:01:41
PB (25m pool): 01:01.41 TEMSE 23/11/2025					PB (50m pool): 01:05.73 SB: 01:01.41 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.26		01:01.41	
	00:30.26		00:31.15		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 09:25
Heat: 3/25 Lane : 4 Athlete: VAN DE VYVERE LENA					Q-time: 01:38:30
PB (25m pool): 01:38.30 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:37.76 SB: 01:38.30 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.34		01:38.30	
	00:46.34		00:51.96		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 09:30
Heat: 5/25 Lane : 1 Athlete: WULLAERT LIESE					Q-time: 01:36:01
PB (25m pool): 01:36.01 Sint-Niklaas 28/12/2025					PB (50m pool): 01:38.87 SB: 01:36.01 Sint-Niklaas 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.91		01:36.01	
	00:45.91		00:50.10		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:12, starttime: 09:40
Heat: 12/25 Lane : 4 Athlete: VAN DAELE JOSEFIEN					Q-time: 01:28:95
PB (25m pool): 01:28.95 Sint-Niklaas 11/01/2026					PB (50m pool): 01:32.12 SB: 01:28.95 Sint-Niklaas 11/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.98		01:28.95	
	00:41.98		00:46.97		
					

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:14, starttime: 09:45
Heat: 14/25 Lane : 4 Athlete: DE SMET AMÉLIE					Q-time: 01:26:71
PB (25m pool): 01:26.71 Temse 17/11/2025					PB (50m pool): 01:28.73 SB: 01:26.71 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.16		01:26.71	
	00:41.16		00:45.55		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:17, starttime: 09:50
Heat: 17/25 Lane : 1 Athlete: DELPORTE LOTTE					Q-time: 01:25:38
PB (25m pool): 01:24.29 Sint-Amandsberg 27/10/2024					PB (50m pool): 01:26.80 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.91		01:24.29	
	00:39.91		00:44.38		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:17, starttime: 09:50
Heat: 17/25 Lane : 5 Athlete: WULLAERT FIEN					Q-time: 01:25:11
PB (25m pool): 01:25.11 TEMSE 18/05/2025					PB (50m pool): 01:28.35 SB: 01:25.88 Sint-Niklaas 11/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.70		01:25.11	
	00:40.70		00:44.41		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:20, starttime: 09:55
Heat: 20/25 Lane : 2 Athlete: DE BRABANDER CELESTE					Q-time: 01:22:53
PB (25m pool): 01:22.53 Sint-Niklaas 11/01/2026					PB (50m pool): 01:27.11 SB: 01:22.53 Sint-Niklaas 11/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.55		01:22.53	
	00:38.55		00:43.98		
					

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+					Heat:6, starttime: 10:15
Heat: 6/18 Lane : 1 Athlete: VERHAGEN TOON					Q-time: 01:18:82
PB (25m pool): 01:18.82 TEMSE 18/05/2025					PB (50m pool): 01:24.22 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.41		01:18.82	
	00:36.41		00:42.41		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:6, starttime: 10:15
Heat: 6/18 Lane : 5 Athlete: HOEFMAN HANNES					Q-time: 01:17:68
PB (25m pool): 01:17.68 Sint-Niklaas 28/12/2025					PB (50m pool): 01:22.30 SB: 01:17.68 Sint-Niklaas 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.22		01:17.68	
	00:36.22		00:41.46		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:7, starttime: 10:20
Heat: 7/18 Lane : 6 Athlete: VANHAVERE DAAN					Q-time: 01:16:52
PB (25m pool): 01:16.52 TEMSE 23/11/2025					PB (50m pool): 01:19.74 SB: 01:16.52 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.85		01:16.52	
	00:34.85		00:41.67		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:10, starttime: 10:25
Heat: 10/18 Lane : 2 Athlete: VAN GOETHEM ARTHUR					Q-time: 01:08:97
PB (25m pool): 01:08.97 Sint-Niklaas 28/12/2025					PB (50m pool): 01:11.50 SB: 01:08.97 Sint-Niklaas 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.88		01:08.97	
	00:31.88		00:37.09		
					

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+					Heat:10, starttime: 10:25
Heat: 10/18 Lane : 5 Athlete: VERHAGEN ROBBE					Q-time: 01:09:08
PB (25m pool): 01:09.08 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:10.89 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.80		01:09.08	
	00:31.80		00:37.28		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:15, starttime: 10:30
Heat: 15/18 Lane : 2 Athlete: VAN DE GENDER WOUT					Q-time: 01:02:44
PB (25m pool): 01:02.44 Sint-Niklaas 28/12/2025 PB (50m pool): 01:03.89 SB: 01:02.44 Sint-Niklaas 28/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.26		01:02.44	
	00:29.26		00:33.18		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 11:00
Heat: 8/42 Lane : 5 Athlete: WULLAERT LIESE					Q-time: 01:18:79
PB (25m pool): 01:18.79 TEMSE 23/11/2025 PB (50m pool): 01:18.52 SB: 01:18.79 TEMSE 23/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.26		01:18.79	
	00:37.26		00:41.53		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 11:00
Heat: 10/42 Lane : 3 Athlete: VAN DE VYVERE LENA					Q-time: 01:15:33
PB (25m pool): 01:15.33 Sint-Niklaas 11/01/2026 PB (50m pool): 01:16.12 SB: 01:15.33 Sint-Niklaas 11/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.98		01:15.33	
	00:35.98		00:39.35		
					

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:28, starttime: 11:30
Heat: 28/42 Lane : 1 Athlete: DE SMET AMÉLIE					Q-time: 01:05:67
PB (25m pool): 01:05.67 Temse 21/12/2025					PB (50m pool): 01:08.38 SB: 01:05.67 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.56		01:05.67	
	00:31.56		00:34.11		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:29, starttime: 11:30
Heat: 29/42 Lane : 2 Athlete: VAN DAELE JOSEFIEN					Q-time: 01:05:23
PB (25m pool): 01:05.23 Temse 21/12/2025					PB (50m pool): 01:06.33 SB: 01:05.23 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.73		01:05.23	
	00:31.73		00:33.50		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:31, starttime: 11:35
Heat: 31/42 Lane : 5 Athlete: DE BRABANDER CELESTE					Q-time: 01:04:31
PB (25m pool): 01:04.31 Temse 17/11/2025					PB (50m pool): 01:07.03 SB: 01:04.31 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.92		01:04.31	
	00:31.92		00:32.39		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:37, starttime: 11:40
Heat: 37/42 Lane : 3 Athlete: DELPORTE LOTTE					Q-time: 01:01:74
PB (25m pool): 01:01.74 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:04.32 SB: 01:01.87 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.95		01:01.74	
	00:29.95		00:31.79		
					

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:37, starttime: 11:40
Heat: 37/42 Lane : 5 Athlete: WULLAERT FIEN					Q-time: 01:01:81
PB (25m pool): 01:01.81 Temse 17/11/2025					PB (50m pool): 01:03.17 SB: 01:01.81 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.01		01:01.81	
	00:30.01		00:31.80		
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:3, starttime: 11:55
Heat: 3/28 Lane : 2 Athlete: BOURDIAUDHY THIBAU					Q-time: 99:99:99
PB (25m pool): 01:18.18 Sinbad 23/07/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:18.18	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:24, starttime: 12:30
Heat: 24/28 Lane : 4 Athlete: VAN DE GENDER NILS					Q-time: 01:04:44
PB (25m pool): 01:04.44 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): no time SB: 01:06.26 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.37		01:04.44	
	00:29.37		00:35.07		
					

Coach feedback: