

PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: ROSC

Coachinfo: Warming up from: 08:00 until 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Ryckeman Brian

Coaches: Valcke Rik

Coaches: Segaert Wim

Coaches: Vanmaercke Inge

Coaches: Taveirne Bea HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:2, starttime: 09:03

Heat: 2/11 Lane : 0 Athlete: VANDEVIJVERE LORE Q-time: 02:01:30

PB (50m pool): 02:01.30 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:56.45 SB: no time

	50 M	100 M	
PB	00:58.65	02:01.30	
	00:58.65	01:02.65	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:3, starttime: 09:05

Heat: 3/11 Lane : 1 Athlete: DE CLOEDT DELGADO LISA Q-time: 01:49:87

PB (50m pool): 01:49.87 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): no time SB: no time

	50 M	100 M	
PB	00:53.59	01:49.87	
	00:53.59	00:56.28	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:3, starttime: 09:05

Heat: 3/11 Lane : 5 Athlete: VAN CAUWENBERGE LIO Q-time: 01:47:51

PB (50m pool): 01:47.51 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:35.12 SB: no time

	50 M	100 M	
PB	00:50.59	01:47.51	
	00:50.59	00:56.92	
	

Coach feedback:

PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:4, starttime: 09:08	
Heat: 4/11 Lane : 4 Athlete: SEGAERT HANNE		Q-time: 01:42:27	
PB (50m pool): 01:42.27 Antwerpen 13/07/2025		PB (25m pool): 01:38.40 SB: no time	
	50 M	100 M	
PB	00:49.26	01:42.27	
	00:49.26	00:53.01	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:4, starttime: 09:08	
Heat: 4/11 Lane : 5 Athlete: DEKEYSER NORAH		Q-time: 01:42:38	
PB (50m pool): 01:42.38 Antwerpen 13/07/2025		PB (25m pool): 01:39.08 SB: no time	
	50 M	100 M	
PB	00:49.08	01:42.38	
	00:49.08	00:53.30	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:5, starttime: 09:10	
Heat: 5/11 Lane : 1 Athlete: VANDERBEKE MARILOU		Q-time: 01:41:12	
PB (50m pool): 01:41.12 Antwerp 02/02/2025		PB (25m pool): 01:33.81 SB: no time	
	50 M	100 M	
PB	00:48.80	01:41.12	
	00:48.80	00:52.32	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:5, starttime: 09:10	
Heat: 5/11 Lane : 7 Athlete: DIEUSAERT ROSELIEN		Q-time: 01:40:68	
PB (50m pool): 01:40.68 Antwerpen 20/07/2025		PB (25m pool): 01:36.12 SB: no time	
	50 M	100 M	
PB	00:47.22	01:40.68	
	00:47.22	00:53.46	
	

Coach feedback:

PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:6, starttime: 09:13	
Heat: 6/11 Lane : 2 Athlete: ANTIERENS LOUISE		Q-time: 01:37:35	
PB (50m pool): 01:37.35 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:37.34 SB: no time			
	50 M	100 M	
PB	00:46.90	01:37.35	
	<i>00:46.90</i>	<i>00:50.45</i>	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:7, starttime: 09:15	
Heat: 7/11 Lane : 8 Athlete: RYCKEMAN ELLA		Q-time: 01:33:39	
PB (50m pool): 01:33.39 Antwerpen 20/07/2025 PB (25m pool): 01:25.53 SB: no time			
	50 M	100 M	
PB	00:44.83	01:33.39	
	<i>00:44.83</i>	<i>00:48.56</i>	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:8, starttime: 09:17	
Heat: 8/11 Lane : 4 Athlete: DEVUYST OONA		Q-time: 01:28:61	
PB (50m pool): 01:28.61 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:24.87 SB: no time			
	50 M	100 M	
PB	00:41.86	01:28.61	
	<i>00:41.86</i>	<i>00:46.75</i>	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:4, starttime: 09:33	
Heat: 4/6 Lane : 8 Athlete: PROVOOST DAJO		Q-time: 01:22:73	
PB (50m pool): 01:22.68 Izegem 22/06/2024 PB (25m pool): 01:19.72 SB: no time			
	50 M	100 M	
PB	no time	01:22.68	
	<i>no time</i>		
	

Coach feedback:

PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:5, starttime: 09:35	
Heat: 5/6 Lane : 1 Athlete: VAN CRAEYNES BAS		Q-time: 01:17:26	
PB (50m pool): 01:17.26 Antwerpen 20/07/2025		PB (25m pool): 01:14.52 SB: no time	
	50 M	100 M	
PB	00:36.62	01:17.26	
	00:36.62	00:40.64	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:5, starttime: 09:35	
Heat: 5/6 Lane : 2 Athlete: DHEERE RéMI		Q-time: 01:16:36	
PB (50m pool): no time		PB (25m pool): 01:16.36 SB: no time	
	50 M	100 M	
PB	no time	no time	
	no time		
	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:1, starttime: 09:40	
Heat: 1/4 Lane : 3 Athlete: SEGAERT HANNE		Q-time: 00:40:96	
PB (50m pool): 00:40.96 Brugge 23/02/2025		PB (25m pool): 00:40.45 SB: no time	
	50 M		
PB	00:40.96		
	00:40.96		
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:3, starttime: 09:43	
Heat: 3/4 Lane : 9 Athlete: DEVUYST OONA		Q-time: 00:36:66	
PB (50m pool): 00:36.66 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:37.48 SB: no time	
	50 M		
PB	00:36.66		
	00:36.66		
		

Coach feedback:

PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:4, starttime: 09:45
Heat: 4/4 Lane : 2 Athlete: DEPAEPE ELIZE		Q-time: 00:32:99
PB (50m pool): 00:32.99 Antwerpen 27/04/2025 PB (25m pool): 00:32.16 SB: no time		
	5 0 M	
PB	00:32.99	
	00:32.99	
	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:4, starttime: 09:45
Heat: 4/4 Lane : 9 Athlete: CLAEYS DITTE		Q-time: 00:33:75
PB (50m pool): 00:33.75 Brugge 15/03/2025 PB (25m pool): 00:32.54 SB: no time		
	5 0 M	
PB	00:33.75	
	00:33.75	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:2, starttime: 09:49
Heat: 2/6 Lane : 1 Athlete: VANDEVIJVERE LARS		Q-time: 00:39:36
PB (50m pool): 00:39.36 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:35.52 SB: no time		
	5 0 M	
PB	00:39.36	
	00:39.36	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 09:50
Heat: 3/6 Lane : 2 Athlete: VAN CRAEYNST BAS		Q-time: 00:35:90
PB (50m pool): 00:35.90 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:35.52 SB: no time		
	5 0 M	
PB	00:35.90	
	00:35.90	
	

Coach feedback:

PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 09:50
Heat: 3/6 Lane : 3 Athlete: QUARTIER MATISSE		Q-time: 00:35:39
PB (50m pool): 00:35.39 Brugge 15/03/2025 PB (25m pool): 00:35.80 SB: no time		
	5 0 M	
PB	00:35.39	
	00:35.39	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 09:50
Heat: 3/6 Lane : 5 Athlete: DEVOS MATHIS		Q-time: 00:34:49
PB (50m pool): 00:34.49 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:33.21 SB: no time		
	5 0 M	
PB	00:34.49	
	00:34.49	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:4, starttime: 09:52
Heat: 4/6 Lane : 6 Athlete: DHEERE RéMI		Q-time: 00:33:04
PB (50m pool): no time PB (25m pool): no time SB: no time		
	5 0 M	
PB	no time	
	no time	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:5, starttime: 09:54
Heat: 5/6 Lane : 5 Athlete: DEVOS RHUNE		Q-time: 00:30:56
PB (50m pool): 00:30.56 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:29.80 SB: no time		
	5 0 M	
PB	00:30.56	
	00:30.56	
	

Coach feedback:

PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:6, starttime: 09:56
Heat: 6/6 Lane : 3 Athlete: PROVOOST MATICE		Q-time: 00:29:22
PB (50m pool): 00:28.94 Antwerp 21/01/2024		PB (25m pool): 00:27.89 SB: no time
	50 M	
PB	00:28.94	
	<i>00:28.94</i>	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:6, starttime: 09:56
Heat: 6/6 Lane : 5 Athlete: VANSIELEGHEM KILLIAN		Q-time: 00:27:81
PB (50m pool): 00:27.81 Antwerp 09/02/2025		PB (25m pool): 00:26.87 SB: no time
	50 M	
PB	00:27.81	
	<i>00:27.81</i>	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:6, starttime: 09:56
Heat: 6/6 Lane : 6 Athlete: VANDYCKE LUCAS		Q-time: 00:29:49
PB (50m pool): 00:29.49 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:28.15 SB: no time
	50 M	
PB	00:29.49	
	<i>00:29.49</i>	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:1, starttime: 09:57
Heat: 1/8 Lane : 6 Athlete: VANDEVIJVERE LORE		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
	50 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:2, starttime: 09:59
Heat: 2/8 Lane : 2 Athlete: VANDERBEKE MARILOU		Q-time: 00:51:85
PB (50m pool): 00:51.85 Antwerp 02/02/2025		PB (25m pool): 00:45.29 SB: no time
	5 0 M	
PB	00:51.85	
	00:51.85	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:2, starttime: 09:59
Heat: 2/8 Lane : 3 Athlete: DE CLOEDT DELGADO LISA		Q-time: 00:48:81
PB (50m pool): 00:48.81 Brugge 15/03/2025		PB (25m pool): 00:41.36 SB: no time
	5 0 M	
PB	00:48.81	
	00:48.81	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:3, starttime: 10:00
Heat: 3/8 Lane : 0 Athlete: ANTIERENS LOUISE		Q-time: 00:45:50
PB (50m pool): 00:45.50 Brugge 15/03/2025		PB (25m pool): 00:44.26 SB: no time
	5 0 M	
PB	00:45.50	
	00:45.50	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:4, starttime: 10:02
Heat: 4/8 Lane : 9 Athlete: DIEUSAERT ROSELIEN		Q-time: 00:42:20
PB (50m pool): 00:42.20 Brugge 15/03/2025		PB (25m pool): 00:38.99 SB: no time
	5 0 M	
PB	00:42.20	
	00:42.20	
	

Coach feedback:

PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:5, starttime: 10:03
Heat: 5/8 Lane : 3 Athlete: DEKEYSER NORAH		Q-time: 00:38:40
PB (50m pool): 00:38.40 Brugge 15/03/2025		PB (25m pool): 00:35.91 SB: no time
	5 0 M	
PB	00:38.40	
	00:38.40	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:6, starttime: 10:05
Heat: 6/8 Lane : 1 Athlete: RYCKEMAN ELLA		Q-time: 00:34:12
PB (50m pool): 00:34.12 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:33.04 SB: no time
	5 0 M	
PB	00:34.12	
	00:34.12	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:6, starttime: 10:05
Heat: 6/8 Lane : 2 Athlete: DEPAEPE ELIZE		Q-time: 00:33:96
PB (50m pool): 00:33.96 Brugge 15/03/2025		PB (25m pool): 00:37.58 SB: no time
	5 0 M	
PB	00:33.96	
	00:33.96	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:2, starttime: 10:10
Heat: 2/5 Lane : 2 Athlete: DEVOS MATHIS		Q-time: 00:32:76
PB (50m pool): 00:32.76 Brugge 15/03/2025		PB (25m pool): 00:32.46 SB: no time
	5 0 M	
PB	00:32.76	
	00:32.76	
	

Coach feedback:

PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:3, starttime: 10:11
Heat: 3/5 Lane : 6 Athlete: PROVOOST DAJO		Q-time: 00:29:98
PB (50m pool): 00:29.96 Zwembad Brigitte Becue Oostend 10/05/2025 PB (25m pool): 00:28.86 SB: no time		
	5 0 M	
PB	00:29.96	
	00:29.96	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:5, starttime: 10:14
Heat: 5/5 Lane : 0 Athlete: DEVOS RHUNE		Q-time: 00:28:27
PB (50m pool): 00:28.27 Brugge 15/03/2025 PB (25m pool): 00:28.15 SB: no time		
	5 0 M	
PB	00:28.27	
	00:28.27	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:5, starttime: 10:14
Heat: 5/5 Lane : 4 Athlete: VANSIELEGHEM KILLIAN		Q-time: 00:26:00
PB (50m pool): 00:26.00 Brugge 15/03/2025 PB (25m pool): 00:25.24 SB: no time		
	5 0 M	
PB	00:26.00	
	00:26.00	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:5, starttime: 10:14
Heat: 5/5 Lane : 6 Athlete: VANDYCKE LUCAS		Q-time: 00:27:35
PB (50m pool): 00:27.35 Antwerp 02/02/2025 PB (25m pool): 00:27.15 SB: no time		
	5 0 M	
PB	00:27.35	
	00:27.35	
	

Coach feedback:

PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:5, starttime: 10:14
Heat: 5/5 Lane : 9 Athlete: PROVOOST MATICE		Q-time: 00:28:30
PB (50m pool): 00:28.30 Antwerpen 27/07/2025		PB (25m pool): 00:27.45 SB: no time
	50 M	
PB	00:28.30	
	00:28.30	
	

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 10:22	
Heat: 2/4 Lane : 7 Athlete: VAN CAUWENBERGE LIO							Q-time: 05:22:56	
PB (50m pool): 06:12.79 Antwerpen 14/07/2024				PB (25m pool): 05:22.56 SB: no time				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	no time	no time	no time	no time	no time	no time	no time	06:12.79
	no time							

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 10:34	
Heat: 4/4 Lane : 5 Athlete: CLAEYS DITTE							Q-time: 04:35:91	
PB (50m pool): 04:35.91 Antwerpen 27/07/2025				PB (25m pool): 04:35.55 SB: no time				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:32.33	01:07.97	01:43.55	02:18.69	02:53.47	03:28.55	04:02.65	04:35.91
	00:32.33	00:35.64	00:35.58	00:35.14	00:34.78	00:35.08	00:34.10	00:33.26

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:2, starttime: 10:47	
Heat: 2/5 Lane : 1 Athlete: VANDEVIJVERE LARS							Q-time: 05:10:19	
PB (50m pool): 05:10.19 Antwerpen 20/07/2025				PB (25m pool): 05:15.32 SB: no time				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:36.40	01:14.65	01:54.27	02:34.23	03:14.44	03:54.64	04:33.53	05:10.19
	00:36.40	00:38.25	00:39.62	00:39.96	00:40.21	00:40.20	00:38.89	00:36.66

Coach feedback:

PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: ROSC

Event number: 8: 400M FREESTYLE MEN 13+							Heat:3, starttime: 10:52	
Heat: 3/5 Lane : 7 Athlete: VANSIELEGHEM JAYDEN							Q-time: 04:56:51	
PB (50m pool): 05:05.35 Antwerpen 14/07/2024				PB (25m pool): 04:55.96 SB: no time				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	no time	no time	no time	no time	no time	no time	no time	05:05.35
	<i>no time</i>							

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:4, starttime: 10:58	
Heat: 4/5 Lane : 2 Athlete: QUARTIER MATISSE							Q-time: 04:36:23	
PB (50m pool): 04:36.23 Antwerpen 20/07/2025				PB (25m pool): 04:36.00 SB: no time				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:31.67	01:06.14	01:41.65	02:17.48	02:52.95	03:28.17	04:04.00	04:36.23
	<i>00:31.67</i>	<i>00:34.47</i>	<i>00:35.51</i>	<i>00:35.83</i>	<i>00:35.47</i>	<i>00:35.22</i>	<i>00:35.83</i>	<i>00:32.23</i>

Coach feedback:

Event number: 9: 4x100M MEDLEY WOMEN 11+							Heat:2, starttime: 11:36	
Heat: 2/2 Lane : 7 Athlete: TEAM ROSC 1							Q-time: 04:57:47	
PB (50m pool):			PB (25m pool):			SB:		
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB								

Coach feedback: