

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

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

Coaches: Backs Hubert

Coaches: Desmet Carl

Coaches: Desot Stefanie HEADCOACH

Coaches: De Cramer Renée

Coaches: Vandenbussche Liselotte

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 : 8 Athlete: JODTS LAUREN Q-time: 01:58:12

PB (50m pool): 01:58.12 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): no time SB: no time

	5 0 M	1 0 0 M	
PB	00:56.88	01:58.12	
	<i>00:56.88</i>	<i>01:01.24</i>	
	

Coach feedback:

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

Heat: 3/11 Lane : 3 Athlete: VERNIEUWE LEANNE Q-time: 01:48:97

PB (50m pool): 01:51.86 Charleroi 12/01/2025 PB (25m pool): 01:48.97 SB: no time

	5 0 M	1 0 0 M	
PB	00:55.43	01:51.86	
	<i>00:55.43</i>	<i>00:56.43</i>	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:4, starttime: 09:08

Heat: 4/11 Lane : 6 Athlete: VANPOUCKE LOTTE Q-time: 01:44:42

PB (50m pool): 01:51.77 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:44.42 SB: no time

	5 0 M	1 0 0 M	
PB	00:53.35	01:51.77	
	<i>00:53.35</i>	<i>00:58.42</i>	
	

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:6, starttime: 09:13	
Heat: 6/11 Lane : 9 Athlete: HUYBEN STIEN		Q-time: 01:39:23	
PB (50m pool): 01:41.08 Antwerpen 20/07/2025		PB (25m pool): 01:39.23 SB: no time	
	50 M	100 M	
PB	00:48.37	01:41.08	
	<i>00:48.37</i>	<i>00:52.71</i>	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:7, starttime: 09:15	
Heat: 7/11 Lane : 7 Athlete: HUYBEN ISOLDE		Q-time: 01:32:99	
PB (50m pool): 01:38.11 Kortrijk 04/05/2025		PB (25m pool): 01:32.99 SB: no time	
	50 M	100 M	
PB	00:45.83	01:38.11	
	<i>00:45.83</i>	<i>00:52.28</i>	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:11, starttime: 09:24	
Heat: 11/11 Lane : 1 Athlete: DARRAS NINA		Q-time: 01:20:86	
PB (50m pool): 01:26.93 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 01:20.86 SB: no time	
	50 M	100 M	
PB	00:41.19	01:26.93	
	<i>00:41.19</i>	<i>00:45.74</i>	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:11, starttime: 09:24	
Heat: 11/11 Lane : 3 Athlete: DESMET FIEN		Q-time: 01:19:87	
PB (50m pool): 01:20.72 Antwerpen 28/07/2024		PB (25m pool): 01:19.85 SB: no time	
	50 M	100 M	
PB	no time	01:20.72	
	<i>no time</i>		
	

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:4, starttime: 09:33	
Heat: 4/6 Lane : 1 Athlete: CHRISTIAENS LUCAS		Q-time: 01:22:63	
PB (50m pool): 01:29.78 Antwerpen 20/07/2025		PB (25m pool): 01:22.63 SB: no time	
	50 M	100 M	
PB	00:43.32	01:29.78	
	00:43.32	00:46.46	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:6, starttime: 09:37	
Heat: 6/6 Lane : 0 Athlete: PIRLET WOUT		Q-time: 01:14:91	
PB (50m pool): 01:14.91 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 01:51.11 SB: no time	
	50 M	100 M	
PB	00:35.05	01:14.91	
	00:35.05	00:39.86	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:6, starttime: 09:37	
Heat: 6/6 Lane : 3 Athlete: FRANÇOIS WOUT		Q-time: 01:08:95	
PB (50m pool): 01:10.20 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 01:08.95 SB: no time	
	50 M	100 M	
PB	00:32.60	01:10.20	
	00:32.60	00:37.60	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:6, starttime: 09:37	
Heat: 6/6 Lane : 4 Athlete: HUYGHELIER LOEK		Q-time: 00:59:04	
PB (50m pool): 01:04.49 Antwerpen 27/07/2025		PB (25m pool): 00:59.85 SB: no time	
	50 M	100 M	
PB	00:29.53	01:04.49	
	00:29.53	00:34.96	
	

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:1, starttime: 09:40
Heat: 1/4 Lane : 5 Athlete: VANDENBROUCKE FEBE		Q-time: 00:39:68
PB (50m pool): 00:39.68 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:42.20 SB: no time		
	5 0 M	
PB	00:39.68	
	00:39.68	
	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:2, starttime: 09:41
Heat: 2/4 Lane : 9 Athlete: VAN STEENKISTE LIA		Q-time: 00:39:00
PB (50m pool): 00:39.00 Antwerpen 20/04/2025 PB (25m pool): 00:40.61 SB: no time		
	5 0 M	
PB	00:39.00	
	00:39.00	
	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:3, starttime: 09:43
Heat: 3/4 Lane : 0 Athlete: VERNIEUWE IRENE		Q-time: 00:36:66
PB (50m pool): 00:37.40 Antwerpen 20/04/2025 PB (25m pool): 00:36.37 SB: no time		
	5 0 M	
PB	00:37.40	
	00:37.40	
	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:3, starttime: 09:43
Heat: 3/4 Lane : 6 Athlete: CLAEYS ELENA		Q-time: 00:34:98
PB (50m pool): 00:35.06 Brugge 15/03/2025 PB (25m pool): 00:34.98 SB: no time		
	5 0 M	
PB	00:35.06	
	00:35.06	
	

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:3, starttime: 09:43
Heat: 3/4 Lane : 7 Athlete: MEULEMEESTER NORE		Q-time: 00:36:12
PB (50m pool): 00:36.90 Antwerpen 20/04/2025 PB (25m pool): 00:35.65 SB: no time		
	50 M	
PB	00:36.90	
	00:36.90	
	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:4, starttime: 09:45
Heat: 4/4 Lane : 4 Athlete: DE BRUYCKER CHLOë		Q-time: 00:30:73
PB (50m pool): 00:32.53 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:30.73 SB: no time		
	50 M	
PB	00:32.53	
	00:32.53	
	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:4, starttime: 09:45
Heat: 4/4 Lane : 8 Athlete: VANDEKERCKHOVE JULIETTE		Q-time: 00:33:57
PB (50m pool): 00:33.57 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:34.72 SB: no time		
	50 M	
PB	00:33.57	
	00:33.57	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:2, starttime: 09:49
Heat: 2/6 Lane : 0 Athlete: DUMAREY WOUT		Q-time: 00:41:81
PB (50m pool): 00:41.81 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): no time SB: no time		
	50 M	
PB	00:41.81	
	00:41.81	
	

Coach feedback:

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Event number: 4: 50M BACKSTROKE MEN 13+		Heat:2, starttime: 09:49
Heat: 2/6 Lane : 2 Athlete: BLOMME STAN		Q-time: 00:38:93
PB (50m pool): 00:38.93 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:40.80 SB: no time		
	5 0 M	
PB	00:38.93	
	00:38.93	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:2, starttime: 09:49
Heat: 2/6 Lane : 6 Athlete: THIELEMANS LEON		Q-time: 00:38:62
PB (50m pool): 00:38.62 Brugge 15/03/2025 PB (25m pool): 00:37.75 SB: no time		
	5 0 M	
PB	00:38.62	
	00:38.62	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 09:50
Heat: 3/6 Lane : 8 Athlete: DELEYE TRISTAN		Q-time: 00:37:50
PB (50m pool): 00:39.24 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:37.50 SB: no time		
	5 0 M	
PB	00:39.24	
	00:39.24	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:4, starttime: 09:52
Heat: 4/6 Lane : 0 Athlete: DECLERCK LUKAS		Q-time: 00:34:05
PB (50m pool): 00:36.04 Antwerpen 20/04/2025 PB (25m pool): 00:34.05 SB: no time		
	5 0 M	
PB	00:36.04	
	00:36.04	
	

Coach feedback:

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Event number: 4: 50M BACKSTROKE MEN 13+		Heat:5, starttime: 09:54
Heat: 5/6 Lane : 3 Athlete: DESMET LEENDERT		Q-time: 00:30:74
PB (50m pool): 00:30.74 Brugge 15/03/2025		PB (25m pool): 00:38.14 SB: no time
	5 0 M	
PB	00:30.74	
	00:30.74	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:5, starttime: 09:54
Heat: 5/6 Lane : 9 Athlete: DECLERCK SIMON		Q-time: 00:31:84
PB (50m pool): 00:32.90 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:31.84 SB: no time
	5 0 M	
PB	00:32.90	
	00:32.90	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:6, starttime: 09:56
Heat: 6/6 Lane : 4 Athlete: THONON MATISSE		Q-time: 00:26:77
PB (50m pool): 00:28.51 Antwerpen 27/04/2025		PB (25m pool): 00:26.77 SB: no time
	5 0 M	
PB	00:28.51	
	00:28.51	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:6, starttime: 09:56
Heat: 6/6 Lane : 7 Athlete: KINDT LIAM		Q-time: 00:29:62
PB (50m pool): 00:29.74 Antwerpen 27/07/2025		PB (25m pool): 00:29.62 SB: no time
	5 0 M	
PB	00:29.74	
	00:29.74	
	

Coach feedback:

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Event number: 4: 50M BACKSTROKE MEN 13+		Heat:6, starttime: 09:56
Heat: 6/6 Lane : 8 Athlete: FRANÇOIS TIJS		Q-time: 00:30:18
PB (50m pool): 00:31.60 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:30.18 SB: no time		
	50 M	
PB	00:31.60	
	00:31.60	
	

Coach feedback:

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

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:2, starttime: 09:59
Heat: 2/8 Lane : 4 Athlete: HUYBEN STIEN		Q-time: 00:46:34
PB (50m pool): 00:46.34 Antwerp 26/01/2025 PB (25m pool): 00:42.84 SB: no time		
	50 M	
PB	00:46.34	
	00:46.34	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:3, starttime: 10:00
Heat: 3/8 Lane : 1 Athlete: VANPOUCKE LOTTE		Q-time: 00:44:86
PB (50m pool): 00:49.17 Brugge 15/03/2025 PB (25m pool): 00:44.86 SB: no time		
	50 M	
PB	00:49.17	
	00:49.17	
	

Coach feedback:

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

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:5, starttime: 10:03
Heat: 5/8 Lane : 2 Athlete: VERNIEUWE LEANNE		Q-time: 00:38:72
PB (50m pool): 00:38.72 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:39.79 SB: no time		
	5 0 M	
PB	00:38.72	
	00:38.72	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:6, starttime: 10:05
Heat: 6/8 Lane : 3 Athlete: VERNIEUWE IRENE		Q-time: 00:33:58
PB (50m pool): 00:33.58 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:33.92 SB: no time		
	5 0 M	
PB	00:33.58	
	00:33.58	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:7, starttime: 10:06
Heat: 7/8 Lane : 7 Athlete: GANTOIS JANNE		Q-time: 00:32:52
PB (50m pool): 00:32.52 Brugge 23/02/2025 PB (25m pool): 00:33.12 SB: no time		
	5 0 M	
PB	00:32.52	
	00:32.52	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:8, starttime: 10:07
Heat: 8/8 Lane : 2 Athlete: LAMMENS LOUISE		Q-time: 00:30:11
PB (50m pool): 00:30.56 Brugge 02/03/2024 PB (25m pool): 00:30.11 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: TZT

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:8, starttime: 10:07
Heat: 8/8 Lane : 3 Athlete: LAMMENS MARY		Q-time: 00:29:47
PB (50m pool): 00:29.47 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:29.99 SB: no time		
	5 0 M	
PB	00:29.47	
	00:29.47	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:8, starttime: 10:07
Heat: 8/8 Lane : 4 Athlete: DE BRUYCKER CHLOë		Q-time: 00:28:19
PB (50m pool): 00:28.96 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:28.19 SB: no time		
	5 0 M	
PB	00:28.96	
	00:28.96	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:8, starttime: 10:07
Heat: 8/8 Lane : 5 Athlete: DESMET LIEZE		Q-time: 00:29:04
PB (50m pool): 00:29.04 Antwerpen 27/07/2025 PB (25m pool): 00:29.07 SB: no time		
	5 0 M	
PB	00:29.04	
	00:29.04	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:8, starttime: 10:07
Heat: 8/8 Lane : 8 Athlete: LINSKENS ELLOISE		Q-time: 00:30:51
PB (50m pool): 00:30.51 Antwerpen 27/04/2025 PB (25m pool): 00:33.83 SB: no time		
	5 0 M	
PB	00:30.51	
	00:30.51	
	

Coach feedback:

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

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:1, starttime: 10:09
Heat: 1/5 Lane : 6 Athlete: DESANTE LEON		Q-time: 00:36:67
PB (50m pool): 00:36.98 Brugge 15/03/2025		PB (25m pool): 00:36.67 SB: no time
	5 0 M	
PB	00:36.98	
	00:36.98	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:4, starttime: 10:13
Heat: 4/5 Lane : 5 Athlete: HOUSEN KORNEEL		Q-time: 00:28:52
PB (50m pool): 00:28.52 Brugge 15/03/2025		PB (25m pool): 00:32.05 SB: no time
	5 0 M	
PB	00:28.52	
	00:28.52	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:4, starttime: 10:13
Heat: 4/5 Lane : 6 Athlete: VANDEKERCKHOVE JEROME		Q-time: 00:28:66
PB (50m pool): 00:28.66 Antwerpen 27/07/2025		PB (25m pool): 00:29.09 SB: no time
	5 0 M	
PB	00:28.66	
	00:28.66	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:5, starttime: 10:14
Heat: 5/5 Lane : 1 Athlete: PIRLET WOUT		Q-time: 00:27:59
PB (50m pool): 00:27.59 Antwerpen 27/07/2025		PB (25m pool): 00:30.10 SB: no time
	5 0 M	
PB	00:27.59	
	00:27.59	
	

Coach feedback:

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

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 10:22	
Heat: 2/4 Lane : 2 Athlete: CLAEYS ELENA							Q-time: 05:15:86	
PB (50m pool): 05:15.86 Charleroi 11/01/2026				PB (25m pool): 05:16.32 SB: 05:15.86 Charleroi 11/01/2026				
	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	05:15.86
	<i>no time</i>							

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 10:22	
Heat: 2/4 Lane : 3 Athlete: VANDENBROUCKE FEBE							Q-time: 05:14:71	
PB (50m pool): 05:22.41 Antwerpen 20/07/2025				PB (25m pool): 05:14.71 SB: 05:24.54 Charleroi 11/01/2026				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:36.90	01:17.08	01:57.73	02:38.75	03:19.44	04:00.90	04:42.23	05:22.41
	<i>00:36.90</i>	<i>00:40.18</i>	<i>00:40.65</i>	<i>00:41.02</i>	<i>00:40.69</i>	<i>00:41.46</i>	<i>00:41.33</i>	<i>00:40.18</i>

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 10:22	
Heat: 2/4 Lane : 6 Athlete: VAN STEENKISTE LIA							Q-time: 05:15:03	
PB (50m pool): 05:18.66 Charleroi 11/01/2026				PB (25m pool): 05:15.03 SB: 05:18.66 Charleroi 11/01/2026				
	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	05:18.66
	<i>no time</i>							

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 10:28	
Heat: 3/4 Lane : 5 Athlete: HUYBEN ISOLDE							Q-time: 04:55:65	
PB (50m pool): 05:07.91 Charleroi 11/01/2026				PB (25m pool): 04:55.65 SB: 05:07.91 Charleroi 11/01/2026				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:34.72	01:12.40	01:51.64	02:31.22	03:10.24	03:49.83	04:29.36	05:07.91
	<i>00:34.72</i>	<i>00:37.68</i>	<i>00:39.24</i>	<i>00:39.58</i>	<i>00:39.02</i>	<i>00:39.59</i>	<i>00:39.53</i>	<i>00:38.55</i>

Coach feedback:

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

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 10:34	
Heat: 4/4 Lane : 0 Athlete: DESMET FIEN							Q-time: 04:49:42	
PB (50m pool): 04:49.42 Antwerp 09/02/2025				PB (25m pool): 04:42.02 SB: 04:54.94 Charleroi 11/01/2026				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:33.16	01:08.84	01:45.73	02:22.26	02:59.37	03:36.20	04:13.52	04:49.42
	00:33.16	00:35.68	00:36.89	00:36.53	00:37.11	00:36.83	00:37.32	00:35.90

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 10:34	
Heat: 4/4 Lane : 1 Athlete: MEULEMEESTER NORE							Q-time: 04:49:05	
PB (50m pool): 04:50.53 Antwerp 26/01/2025				PB (25m pool): 04:49.05 SB: 05:00.68 Charleroi 11/01/2026				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:33.32	01:09.35	01:46.42	02:23.20	03:00.79	03:37.79	04:14.76	04:50.53
	00:33.32	00:36.03	00:37.07	00:36.78	00:37.59	00:37.00	00:36.97	00:35.77

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 10:34	
Heat: 4/4 Lane : 2 Athlete: VANDEKERCKHOVE JULIETTE							Q-time: 04:40:97	
PB (50m pool): 04:45.29 Antwerpen 20/07/2025				PB (25m pool): 04:40.97 SB: 04:51.74 Charleroi 11/01/2026				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:32.68	01:08.72	01:45.02	02:21.63	02:57.86	03:34.86	04:11.24	04:45.29
	00:32.68	00:36.04	00:36.30	00:36.61	00:36.23	00:37.00	00:36.38	00:34.05

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 10:34	
Heat: 4/4 Lane : 3 Athlete: GANTOIS JANNE							Q-time: 04:40:08	
PB (50m pool): 04:45.55 Antwerpen 20/07/2025				PB (25m pool): 04:40.08 SB: 04:53.88 Charleroi 11/01/2026				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:32.57	01:08.62	01:45.59	02:21.74	02:58.57	03:35.24	04:11.83	04:45.55
	00:32.57	00:36.05	00:36.97	00:36.15	00:36.83	00:36.67	00:36.59	00:33.72

Coach feedback:

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

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 10:34	
Heat: 4/4 Lane : 4 Athlete: LAMMENS MARY							Q-time: 04:30:28	
PB (50m pool): 04:30.52 Antwerp 26/01/2025				PB (25m pool): 04:30.28 SB: 04:34.34 Charleroi 11/01/2026				
	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	00:31.98	01:05.44	01:39.94	02:14.66	02:49.49	03:23.83	03:57.81	04:30.52
	00:31.98	00:33.46	00:34.50	00:34.72	00:34.83	00:34.34	00:33.98	00:32.71

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 10:34	
Heat: 4/4 Lane : 6 Athlete: DESMET LIEZE							Q-time: 04:40:34	
PB (50m pool): 04:40.34 Antwerp 09/02/2025				PB (25m pool): 04:46.03 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	00:32.80	01:07.97	01:43.46	02:19.69	02:55.60	03:31.46	04:06.45	04:40.34
	00:32.80	00:35.17	00:35.49	00:36.23	00:35.91	00:35.86	00:34.99	00:33.89

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 10:34	
Heat: 4/4 Lane : 7 Athlete: LAMMENS LOUISE							Q-time: 04:41:00	
PB (50m pool): 04:41.00 Antwerp 09/02/2025				PB (25m pool): 04:32.08 SB: 04:47.99 Charleroi 11/01/2026				
	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	00:32.06	01:06.66	01:42.14	02:18.27	02:54.38	03:30.82	04:06.87	04:41.00
	00:32.06	00:34.60	00:35.48	00:36.13	00:36.11	00:36.44	00:36.05	00:34.13

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 10:34	
Heat: 4/4 Lane : 9 Athlete: LINSKENS ELLOISE							Q-time: 04:51:54	
PB (50m pool): 04:53.94 Antwerp 26/01/2025				PB (25m pool): 04:51.54 SB: 05:01.16 Charleroi 11/01/2026				
	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	00:33.03	01:09.23	01:46.57	02:24.25	03:02.21	03:40.32	04:17.79	04:53.94
	00:33.03	00:36.20	00:37.34	00:37.68	00:37.96	00:38.11	00:37.47	00:36.15

Coach feedback:

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

Event number: 8: 400M FREESTYLE MEN 13+							Heat:1, starttime: 10:40	
Heat: 1/5 Lane : 5 Athlete: DUMAREY WOUT							Q-time: 05:31:09	
PB (50m pool): 05:35.34 Charleroi 11/01/2026				PB (25m pool): 05:31.09 SB: 05:35.34 Charleroi 11/01/2026				
	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	05:35.34
	<i>no time</i>							

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:2, starttime: 10:47	
Heat: 2/5 Lane : 8 Athlete: CHRISTIAENS LUCAS							Q-time: 05:12:13	
PB (50m pool): 05:19.82 Charleroi 11/01/2026				PB (25m pool): 05:12.13 SB: 05:19.82 Charleroi 11/01/2026				
	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	05:19.82
	<i>no time</i>							

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:3, starttime: 10:52	
Heat: 3/5 Lane : 0 Athlete: BLOMME STAN							Q-time: 04:57:53	
PB (50m pool): 05:08.05 Charleroi 11/01/2026				PB (25m pool): 04:57.53 SB: 05:08.05 Charleroi 11/01/2026				
	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	05:08.05
	<i>no time</i>							

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:3, starttime: 10:52	
Heat: 3/5 Lane : 1 Athlete: DESANTE LEON							Q-time: 04:57:21	
PB (50m pool): 05:11.23 Antwerpen 20/04/2025				PB (25m pool): 04:57.21 SB: no time				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:34.90	01:14.98	01:55.18	02:35.77	03:15.91	03:56.20	04:34.49	05:11.23
	00:34.90	00:40.08	00:40.20	00:40.59	00:40.14	00:40.29	00:38.29	00:36.74

Coach feedback:

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

Event number: 8: 400M FREESTYLE MEN 13+							Heat:3, starttime: 10:52	
Heat: 3/5 Lane : 2 Athlete: DECLERCK LUKAS							Q-time: 04:55:46	
PB (50m pool): 05:01.25 Kortrijk 04/05/2025				PB (25m pool): 04:55.46 SB: 05:03.24 Charleroi 11/01/2026				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:33.96	01:11.27	01:49.95	02:28.39	03:07.50	03:46.53	04:25.38	05:01.25
	00:33.96	00:37.31	00:38.68	00:38.44	00:39.11	00:39.03	00:38.85	00:35.87

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:3, starttime: 10:52	
Heat: 3/5 Lane : 5 Athlete: DELEYE TRISTAN							Q-time: 04:47:60	
PB (50m pool): 05:00.37 Kortrijk 04/05/2025				PB (25m pool): 04:47.60 SB: 05:03.82 Charleroi 11/01/2026				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:34.62	01:12.88	01:52.18	02:30.22	03:08.83	03:47.20	04:24.90	05:00.37
	00:34.62	00:38.26	00:39.30	00:38.04	00:38.61	00:38.37	00:37.70	00:35.47

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:3, starttime: 10:52	
Heat: 3/5 Lane : 9 Athlete: THIELEMANS LEON							Q-time: 04:59:40	
PB (50m pool): 05:07.03 Charleroi 11/01/2026				PB (25m pool): 04:59.40 SB: 05:07.03 Charleroi 11/01/2026				
	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	05:07.03
	no time							

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:5, starttime: 11:04	
Heat: 5/5 Lane : 0 Athlete: DECLERCK SIMON							Q-time: 04:25:92	
PB (50m pool): 04:33.03 Antwerpen 27/07/2025				PB (25m pool): 04:25.92 SB: 04:43.45 Charleroi 11/01/2026				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:30.19	01:03.95	01:38.30	02:12.80	02:47.82	03:23.12	03:58.54	04:33.03
	00:30.19	00:33.76	00:34.35	00:34.50	00:35.02	00:35.30	00:35.42	00:34.49

Coach feedback:

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

Event number: 8: 400M FREESTYLE MEN 13+							Heat:5, starttime: 11:04	
Heat: 5/5 Lane : 1 Athlete: KINDT LIAM							Q-time: 04:23:80	
PB (50m pool): 04:23.80 Charleroi 11/01/2026				PB (25m pool): 04:22.93 SB: 04:23.80 Charleroi 11/01/2026				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:30.65	01:03.26	01:37.56	02:10.57	02:44.65	03:18.40	03:52.02	04:23.80
	00:30.65	00:32.61	00:34.30	00:33.01	00:34.08	00:33.75	00:33.62	00:31.78

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:5, starttime: 11:04	
Heat: 5/5 Lane : 2 Athlete: VANDEKERCKHOVE JEROME							Q-time: 04:22:20	
PB (50m pool): 04:22.20 Antwerpen 27/07/2025				PB (25m pool): 04:23.94 SB: 04:24.65 Charleroi 11/01/2026				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:29.04	01:01.37	01:34.73	02:09.15	02:42.62	03:16.74	03:50.33	04:22.20
	00:29.04	00:32.33	00:33.36	00:34.42	00:33.47	00:34.12	00:33.59	00:31.87

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:5, starttime: 11:04	
Heat: 5/5 Lane : 3 Athlete: HOUSEN KORNEEL							Q-time: 04:13:66	
PB (50m pool): 04:13.93 Antwerpen 27/07/2025				PB (25m pool): 04:13.66 SB: no time				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:29.12	01:00.84	01:32.64	02:05.35	02:37.94	03:10.92	03:43.00	04:13.93
	00:29.12	00:31.72	00:31.80	00:32.71	00:32.59	00:32.98	00:32.08	00:30.93

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:5, starttime: 11:04	
Heat: 5/5 Lane : 4 Athlete: DESMET LEENDERT							Q-time: 04:04:01	
PB (50m pool): 04:10.34 Antwerpen 27/07/2025				PB (25m pool): 04:04.01 SB: no time				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:28.50	00:59.48	01:31.19	02:02.97	02:34.76	03:06.65	03:38.86	04:10.34
	00:28.50	00:30.98	00:31.71	00:31.78	00:31.79	00:31.89	00:32.21	00:31.48

Coach feedback:

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

Event number: 8: 400M FREESTYLE MEN 13+							Heat:5, starttime: 11:04	
Heat: 5/5 Lane : 6 Athlete: THONON MATISSE							Q-time: 04:19:63	
PB (50m pool): 04:34.88 Charleroi 11/01/2026				PB (25m pool): 04:19.63 SB: 04:34.88 Charleroi 11/01/2026				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:30.76	01:04.03	01:38.49	02:12.33	02:48.01	03:23.65	03:59.93	04:34.88
	00:30.76	00:33.27	00:34.46	00:33.84	00:35.68	00:35.64	00:36.28	00:34.95

Coach feedback:

Event number: 9: 4x100M MEDLEY WOMEN 11+							Heat:2, starttime: 11:36	
Heat: 2/2 Lane : 2 Athlete: TEAM TZT 3							Q-time: 04:50:56	
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:

Event number: 9: 4x100M MEDLEY WOMEN 11+							Heat:2, starttime: 11:36	
Heat: 2/2 Lane : 4 Athlete: TEAM TZT 1							Q-time: 04:28:69	
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:

Event number: 9: 4x100M MEDLEY WOMEN 11+							Heat:2, starttime: 11:36	
Heat: 2/2 Lane : 5 Athlete: TEAM TZT 2							Q-time: 04:37:25	
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: