

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

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

Coaches: Debeuckelaere Sindy HEADCOACH

Coaches: Lefever Valerie

Coaches: Lefever Elisa

Coaches: Tieghem Kristof

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 : 6 Athlete: DEMAREST JAYDA Q-time: 01:54:95

PB (50m pool): 01:54.95 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:50.21 SB: no time

	50 M	100 M	
PB	00:55.17	01:54.95	
	00:55.17	00:59.78	
	

Coach feedback:

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

Heat: 3/11 Lane : 9 Athlete: VANDAMME BRITT Q-time: 01:51:06

PB (50m pool): 01:51.06 Antwerp 02/02/2025 PB (25m pool): no time SB: no time

	50 M	100 M	
PB	00:54.15	01:51.06	
	00:54.15	00:56.91	
	

Coach feedback:

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

Heat: 4/11 Lane : 0 Athlete: DECAESTECKER OONA Q-time: 01:46:39

PB (50m pool): 01:46.39 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:42.18 SB: no time

	50 M	100 M	
PB	00:51.90	01:46.39	
	00:51.90	00:54.49	
	

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:4, starttime: 09:08	
Heat: 4/11 Lane : 7 Athlete: DE DEYNE PAULIEN		Q-time: 01:45:21	
PB (50m pool): no time		PB (25m pool): 01:45.21 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:7, starttime: 09:15	
Heat: 7/11 Lane : 1 Athlete: TOMMISSEN SIMONAH		Q-time: 01:33:21	
PB (50m pool): 01:33.21 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 01:36.58 SB: no time	
	5 0 M	1 0 0 M	
PB	00:43.80	01:33.21	
	<i>00:43.80</i>	<i>00:49.41</i>	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:9, starttime: 09:20	
Heat: 9/11 Lane : 3 Athlete: CASTELEYN YANA		Q-time: 01:26:90	
PB (50m pool): 01:26.90 Antwerpen 20/07/2025		PB (25m pool): 01:23.25 SB: no time	
	5 0 M	1 0 0 M	
PB	00:41.27	01:26.90	
	<i>00:41.27</i>	<i>00:45.63</i>	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:9, starttime: 09:20	
Heat: 9/11 Lane : 4 Athlete: GHEKIERE JUNE		Q-time: 01:26:73	
PB (50m pool): 01:26.73 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 01:21.65 SB: no time	
	5 0 M	1 0 0 M	
PB	00:41.26	01:26.73	
	<i>00:41.26</i>	<i>00:45.47</i>	
	

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:10, starttime: 09:22	
Heat: 10/11 Lane : 1 Athlete: THYVELEN LISE		Q-time: 01:25:13	
PB (50m pool): 01:25.07 Antwerpen 14/07/2024		PB (25m pool): 01:20.95 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	01:25.07	
	<i>no time</i>		
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:10, starttime: 09:22	
Heat: 10/11 Lane : 5 Athlete: BOUTTELEGIER ANAÏS		Q-time: 01:23:45	
PB (50m pool): 01:21.15 Zwembad Brigitte Becue Oostend 10/07/2024		PB (25m pool): 01:18.44 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	01:21.15	
	<i>no time</i>		
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:10, starttime: 09:22	
Heat: 10/11 Lane : 9 Athlete: DELPORTE ELLE		Q-time: 01:26:62	
PB (50m pool): 01:25.89 Antwerpen 21/07/2024		PB (25m pool): 01:20.85 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	01:25.89	
	<i>no time</i>		
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:11, starttime: 09:24	
Heat: 11/11 Lane : 0 Athlete: DEMUYNCK MARGOT		Q-time: 01:21:42	
PB (50m pool): 01:21.42 Antwerpen 27/07/2025		PB (25m pool): 01:17.53 SB: no time	
	5 0 M	1 0 0 M	
PB	00:38.38	01:21.42	
	00:38.38	00:43.04	
	

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:11, starttime: 09:24	
Heat: 11/11 Lane : 7 Athlete: EECKHOUT FLEUR		Q-time: 01:20:15	
PB (50m pool): 01:20.15 Antwerp 09/02/2025		PB (25m pool): 01:15.53 SB: no time	
	5 0 M	1 0 0 M	
PB	00:37.44	01:20.15	
	<i>00:37.44</i>	<i>00:42.71</i>	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:11, starttime: 09:24	
Heat: 11/11 Lane : 8 Athlete: DEMAREST HAILEY		Q-time: 01:21:35	
PB (50m pool): 01:21.35 Antwerpen 20/07/2025		PB (25m pool): 01:20.61 SB: no time	
	5 0 M	1 0 0 M	
PB	00:38.38	01:21.35	
	<i>00:38.38</i>	<i>00:42.97</i>	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:1, starttime: 09:26	
Heat: 1/6 Lane : 4 Athlete: KINDT NOAH		Q-time: 01:38:91	
PB (50m pool): no time		PB (25m pool): 01:38.91 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:2, starttime: 09:29	
Heat: 2/6 Lane : 0 Athlete: STAELEN QUINTEN		Q-time: 01:35:91	
PB (50m pool): 01:35.91 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 01:22.68 SB: no time	
	5 0 M	1 0 0 M	
PB	00:45.72	01:35.91	
	<i>00:45.72</i>	<i>00:50.19</i>	
	

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:2, starttime: 09:29	
Heat: 2/6 Lane : 2 Athlete: VANHAECKE LOWIE		Q-time: 01:31:14	
PB (50m pool): 01:31.14 Antwerpen 20/07/2025		PB (25m pool): 01:33.18 SB: no time	
	50 M	100 M	
PB	00:45.01	01:31.14	
	00:45.01	00:46.13	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:2, starttime: 09:29	
Heat: 2/6 Lane : 9 Athlete: THYVELEN RUNE		Q-time: 01:38:82	
PB (50m pool): 01:59.50 Lago Kortrijk Weide 28/04/2024		PB (25m pool): 01:38.82 SB: no time	
	50 M	100 M	
PB	no time	01:59.50	
	no time		
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:3, starttime: 09:31	
Heat: 3/6 Lane : 1 Athlete: DEVRIESE SKY		Q-time: 01:25:92	
PB (50m pool): 01:25.92 Antwerpen 13/07/2025		PB (25m pool): 01:21.42 SB: no time	
	50 M	100 M	
PB	00:40.04	01:25.92	
	00:40.04	00:45.88	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:4, starttime: 09:33	
Heat: 4/6 Lane : 2 Athlete: DE GRUYSE HAMZA		Q-time: 01:20:52	
PB (50m pool): 01:20.52 Antwerpen 13/07/2025		PB (25m pool): 01:15.58 SB: no time	
	50 M	100 M	
PB	00:38.59	01:20.52	
	00:38.59	00:41.93	
	

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:4, starttime: 09:33	
Heat: 4/6 Lane : 7 Athlete: DEJAEGHERE MICHIEL		Q-time: 01:21:97	
PB (50m pool): 01:21.97 Kortrijk 04/05/2025		PB (25m pool): 01:17.24 SB: no time	
	50 M	100 M	
PB	00:38.11	01:21.97	
	<i>00:38.11</i>	<i>00:43.86</i>	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:6, starttime: 09:37	
Heat: 6/6 Lane : 1 Athlete: VANDAMME LUCAS		Q-time: 01:12:90	
PB (50m pool): 01:12.90 Antwerpen 13/07/2025		PB (25m pool): 01:11.12 SB: no time	
	50 M	100 M	
PB	00:33.84	01:12.90	
	<i>00:33.84</i>	<i>00:39.06</i>	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:6, starttime: 09:37	
Heat: 6/6 Lane : 6 Athlete: DELPORTE NIO		Q-time: 01:10:57	
PB (50m pool): 01:10.57 Antwerpen 27/07/2025		PB (25m pool): 01:07.09 SB: no time	
	50 M	100 M	
PB	00:32.95	01:10.57	
	<i>00:32.95</i>	<i>00:37.62</i>	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:6, starttime: 09:37	
Heat: 6/6 Lane : 7 Athlete: THYVELEN WOUT		Q-time: 01:12:33	
PB (50m pool): 01:09.47 Antwerpen 28/07/2024		PB (25m pool): 01:06.23 SB: no time	
	50 M	100 M	
PB	no time	01:09.47	
	<i>no time</i>		
	

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:6, starttime: 09:37	
Heat: 6/6 Lane : 8 Athlete: SALOMEZ HAAKON		Q-time: 01:14:80	
PB (50m pool): 01:13.00 ANTWERPEN 31/07/2022		PB (25m pool): 01:11.05 SB: no time	
	50 M	100 M	
PB	no time	01:13.00	
	<i>no time</i>		
	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:1, starttime: 09:40	
Heat: 1/4 Lane : 2 Athlete: DESCHOEMAEKER RANI		Q-time: 00:41:32	
PB (50m pool): 00:41.32 Brugge 15/03/2025		PB (25m pool): 00:38.28 SB: no time	
	50 M		
PB	00:41.32		
	<i>00:41.32</i>		
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:1, starttime: 09:40	
Heat: 1/4 Lane : 8 Athlete: HOSTEN IRIS		Q-time: 00:44:44	
PB (50m pool): 00:44.44 Kortrijk 04/05/2025		PB (25m pool): 00:41.65 SB: no time	
	50 M		
PB	00:44.44		
	<i>00:44.44</i>		
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:2, starttime: 09:41	
Heat: 2/4 Lane : 6 Athlete: TOMMISSEN SIMONAH		Q-time: 00:37:85	
PB (50m pool): 00:37.85 Antwerpen 13/07/2025		PB (25m pool): 00:37.83 SB: no time	
	50 M		
PB	00:37.85		
	<i>00:37.85</i>		
		

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:2, starttime: 09:41
Heat: 2/4 Lane : 7 Athlete: VANDAMME BRITT		Q-time: 00:38:51
PB (50m pool): 00:38.51 Brugge 15/03/2025 PB (25m pool): 00:37.13 SB: no time		
	50 M	
PB	00:38.51	
	00:38.51	
	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:3, starttime: 09:43
Heat: 3/4 Lane : 1 Athlete: GOEMAERE ALIZÉE		Q-time: 00:36:16
PB (50m pool): 00:36.16 Antwerpen 13/07/2025 PB (25m pool): 00:36.32 SB: no time		
	50 M	
PB	00:36.16	
	00:36.16	
	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:3, starttime: 09:43
Heat: 3/4 Lane : 5 Athlete: DELPORTE ELLE		Q-time: 00:34:58
PB (50m pool): 00:34.58 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:32.50 SB: no time		
	50 M	
PB	00:34.58	
	00:34.58	
	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:4, starttime: 09:45
Heat: 4/4 Lane : 0 Athlete: NOTREDAME INE		Q-time: 00:33:67
PB (50m pool): 00:33.67 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:32.37 SB: no time		
	50 M	
PB	00:33.67	
	00:33.67	
	

Coach feedback:

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

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:4, starttime: 09:45
Heat: 4/4 Lane : 3 Athlete: MIGOM LOBKE		Q-time: 00:32:50
PB (50m pool): 00:32.50 Antwerpen 27/07/2025 PB (25m pool): 00:31.50 SB: no time		
	5 0 M	
PB	00:32.50	
	00:32.50	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:1, starttime: 09:47
Heat: 1/6 Lane : 4 Athlete: THYVELEN RUNE		Q-time: 00:45:55
PB (50m pool): 00:45.55 Brugge 15/03/2025 PB (25m pool): 00:37.57 SB: no time		
	5 0 M	
PB	00:45.55	
	00:45.55	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:2, starttime: 09:49
Heat: 2/6 Lane : 4 Athlete: VANHAECKE LOWIE		Q-time: 00:37:91
PB (50m pool): 00:37.91 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:34.59 SB: no time		
	5 0 M	
PB	00:37.91	
	00:37.91	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 09:50
Heat: 3/6 Lane : 1 Athlete: KINDT NOAH		Q-time: 00:36:88
PB (50m pool): no time PB (25m pool): 00:36.88 SB: no time		
	5 0 M	
PB	no time	
	no time	
	

Coach feedback:

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

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 09:50
Heat: 3/6 Lane : 4 Athlete: GOEMAERE JOREN		Q-time: 00:34:39
PB (50m pool): 00:34.39 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:32.72 SB: no time		
	5 0 M	
PB	00:34.39	
	00:34.39	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:6, starttime: 09:56
Heat: 6/6 Lane : 0 Athlete: EECKHOUT SIEBEN		Q-time: 00:30:23
PB (50m pool): 00:30.23 Brugge 23/02/2025 PB (25m pool): 00:29.11 SB: no time		
	5 0 M	
PB	00:30.23	
	00:30.23	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:6, starttime: 09:56
Heat: 6/6 Lane : 1 Athlete: THYVELEN WOUT		Q-time: 00:30:02
PB (50m pool): 00:30.02 Brugge 23/02/2025 PB (25m pool): 00:29.13 SB: no time		
	5 0 M	
PB	00:30.02	
	00:30.02	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:2, starttime: 09:59
Heat: 2/8 Lane : 5 Athlete: DECAESTECKER OONA		Q-time: 00:47:35
PB (50m pool): no time PB (25m pool): 00:47.35 SB: no time		
	5 0 M	
PB	no time	
	no time	
	

Coach feedback:

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

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:2, starttime: 09:59
Heat: 2/8 Lane : 6 Athlete: DEMAREST JAYDA		Q-time: 00:51:68
PB (50m pool): no time		PB (25m pool): 00:51.68 SB: no time
	5 0 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:2, starttime: 09:59
Heat: 2/8 Lane : 8 Athlete: DE DEYNE PAULIEN		Q-time: 00:53:93
PB (50m pool): no time		PB (25m pool): 00:53.93 SB: no time
	5 0 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:3, starttime: 10:00
Heat: 3/8 Lane : 5 Athlete: GHEKIERE JUNE		Q-time: 00:42:71
PB (50m pool): 00:42.71 Antwerp 26/01/2025		PB (25m pool): 00:36.83 SB: no time
	5 0 M	
PB	00:42.71	
	<i>00:42.71</i>	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:7, starttime: 10:06
Heat: 7/8 Lane : 2 Athlete: BOUTTELEGIER ANAÏS		Q-time: 00:32:22
PB (50m pool): 00:32.22 Brugge 23/02/2025		PB (25m pool): 00:31.58 SB: no time
	5 0 M	
PB	00:32.22	
	<i>00:32.22</i>	
	

Coach feedback:

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Event number: 6: 50M BUTTERFLY MEN 13+		Heat:1, starttime: 10:09
Heat: 1/5 Lane : 2 Athlete: VAN BRABANT BENJAMIN		Q-time: 00:37:82
PB (50m pool): 00:37.82 Brugge 15/03/2025		PB (25m pool): 00:30.87 SB: no time
	5 0 M	
PB	00:37.82	
	00:37.82	
	

Coach feedback:

Event number: 9: 4x100M MEDLEY WOMEN 11+							Heat:1, starttime: 11:29	
Heat: 1/2 Lane : 4 Athlete: TEAM ZB 5							Q-time: 05:18:94	
PB (50m pool):			PB (25m pool):			SB:		
	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								

Coach feedback:

Event number: 9: 4x100M MEDLEY WOMEN 11+							Heat:2, starttime: 11:36	
Heat: 2/2 Lane : 6 Athlete: TEAM ZB 8							Q-time: 04:49:42	
PB (50m pool):			PB (25m pool):			SB:		
	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								

Coach feedback: