

PK LB W-Vlaanderen: Session: 4: COACH evaluation sheet for TEAM: ISWIM

Coachinfo: Warming up from: 13:00 until 13:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: VAN DRIESSCHE BRITT

Coaches: VANGELUWE KATLIJN

Coaches: PYPE MAAIKE

Coaches: DRUART ANNELIES HEADCOACH

Coaches: LEPLA MARTINE

Coaches: DEKEIN DRIES

PB => Personal Best time

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

Event number: 30: 100M BREASTSTROKE MEN 11-12 Heat:4, starttime: 14:08

Heat: 4/5 Lane : 7 Athlete: DE BRUYNE SENNE Q-time: 01:43:39

PB (50m pool): 01:43.39 Kortrijk 04/05/2025 **PB (25m pool): 01:41.03 SB: no time**

	50 M	100 M	
PB	00:49.49	01:43.39	
	<i>00:49.49</i>	<i>00:53.90</i>	
	

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12 Heat:5, starttime: 14:10

Heat: 5/5 Lane : 2 Athlete: BEHEYT MAXIM Q-time: 01:35:07

PB (50m pool): 01:35.07 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool): 01:31.65 SB: no time**

	50 M	100 M	
PB	00:45.48	01:35.07	
	<i>00:45.48</i>	<i>00:49.59</i>	
	

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12 Heat:5, starttime: 14:10

Heat: 5/5 Lane : 6 Athlete: ROGIERS JACK Q-time: 01:33:54

PB (50m pool): 01:33.54 Antwerpen 20/07/2025 **PB (25m pool): 01:32.30 SB: 01:34.20 Aalst 20/12/2025**

	50 M	100 M	
PB	00:43.75	01:33.54	
	<i>00:43.75</i>	<i>00:49.79</i>	
	

Coach feedback:

PK LB W-Vlaanderen: Session: 4: COACH evaluation sheet for TEAM: ISWIM

Event number: 31: 50M FREESTYLE MEN 13+		Heat:2, starttime: 14:14
Heat: 2/6 Lane : 0 Athlete: CLAEYS YBO		Q-time: 00:32:50
PB (50m pool): 00:32.50 Brugge 15/03/2025		PB (25m pool): 00:32.56 SB: no time
	5 0 M	
PB	00:32.50	
	00:32.50	
	

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:2, starttime: 14:14
Heat: 2/6 Lane : 6 Athlete: BEHEYT MATHIS		Q-time: 00:31:22
PB (50m pool): 00:31.22 Brugge 15/03/2025		PB (25m pool): 00:31.85 SB: no time
	5 0 M	
PB	00:31.22	
	00:31.22	
	

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:3, starttime: 14:16
Heat: 3/6 Lane : 5 Athlete: VINCENT RUNE		Q-time: 00:28:29
PB (50m pool): 00:29.56 Izegem 22/06/2024		PB (25m pool): 00:28.29 SB: no time
	5 0 M	
PB	00:29.56	
	00:29.56	
	

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:5, starttime: 14:18
Heat: 5/6 Lane : 5 Athlete: VANDERHAEGHE ANTWAN		Q-time: 00:25:69
PB (50m pool): 00:25.65 Antwerpen 28/07/2024		PB (25m pool): 00:24.88 SB: no time
	5 0 M	
PB	00:25.65	
	00:25.65	
	

Coach feedback:

PK LB W-Vlaanderen: Session: 4: COACH evaluation sheet for TEAM: ISWIM

Event number: 31: 50M FREESTYLE MEN 13+		Heat:6, starttime: 14:19
Heat: 6/6 Lane : 0 Athlete: SEYS WOUT		Q-time: 00:25:53
PB (50m pool): 00:25.53 Antwerpen 27/07/2025		PB (25m pool): 00:25.10 SB: no time
	5 0 M	
PB	00:25.53	
	00:25.53	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:2, starttime: 14:22
Heat: 2/4 Lane : 9 Athlete: DESOMER MARIE		Q-time: 00:32:87
PB (50m pool): 00:32.87 Brugge 15/03/2025		PB (25m pool): 00:32.16 SB: no time
	5 0 M	
PB	00:32.87	
	00:32.87	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:3, starttime: 14:23
Heat: 3/4 Lane : 1 Athlete: VANDERMARLIERE JUNA		Q-time: 00:30:05
PB (50m pool): 00:29.96 Luxembourg 05/05/2024		PB (25m pool): 00:29.02 SB: no time
	5 0 M	
PB	00:29.96	
	00:29.96	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:4, starttime: 14:24
Heat: 4/4 Lane : 1 Athlete: CALLEWAERT JACKIE		Q-time: 00:28:59
PB (50m pool): 00:28.29 Antwerp 21/01/2024		PB (25m pool): 00:27.60 SB: no time
	5 0 M	
PB	00:28.29	
	00:28.29	
	

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:4, starttime: 14:24
Heat: 4/4 Lane : 9 Athlete: TYVAERT MANON		Q-time: 00:29:27
PB (50m pool): 00:28.78 Antwerpen 28/07/2024		PB (25m pool): 00:29.02 SB: no time
	50 M	
PB	00:28.78	
	00:28.78	
	

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:1, starttime: 14:26
Heat: 1/3 Lane : 4 Athlete: MEUL RUNE				Q-time: 03:12:43
PB (50m pool): 03:12.43 Antwerpen 20/04/2025		PB (25m pool): 02:58.67 SB: no time		
	50 M	100 M	150 M	200 M
PB	00:42.83	01:32.20	02:22.74	03:12.43
	00:42.83	00:49.37	00:50.54	00:49.69

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:2, starttime: 14:30
Heat: 2/3 Lane : 4 Athlete: VAN DAELE SEM				Q-time: 02:52:61
PB (50m pool): 02:44.20 Antwerpen 28/07/2024		PB (25m pool): 02:38.89 SB: 02:55.06 Aalst 20/12/2025		
	50 M	100 M	150 M	200 M
PB	no time	no time	no time	02:44.20
	no time			

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:3, starttime: 14:34
Heat: 3/3 Lane : 0 Athlete: HAUSPIE NIEL				Q-time: 02:50:29
PB (50m pool): 02:50.29 Aalst 20/12/2025		PB (25m pool): 02:42.56 SB: 02:50.29 Aalst 20/12/2025		
	50 M	100 M	150 M	200 M
PB	00:38.96	01:22.08	02:06.34	02:50.29
	00:38.96	00:43.12	00:44.26	00:43.95

Coach feedback:

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Event number: 34: 200M BREASTSTROKE WOMEN 13+				Heat:2, starttime: 14:42	
Heat: 2/3 Lane : 0 Athlete: CLAEYS INNA				Q-time: 03:19:15	
PB (50m pool): 03:19.15 Antwerpen 20/04/2025			PB (25m pool): 03:10.70 SB: no time		
	50 M	100 M	150 M	200 M	
PB	00:42.67	01:32.47	02:25.39	03:19.15	
	00:42.67	00:49.80	00:52.92	00:53.76	
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 14:59		
Heat: 4/11 Lane : 1 Athlete: DE BRUYNE SENNE			Q-time: 01:32:01		
PB (50m pool): 01:32.01 Kortrijk 04/05/2025		PB (25m pool): 01:37.64 SB: no time			
	50 M	100 M			
PB	00:45.19	01:32.01			
	00:45.19	00:46.82			
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 14:59		
Heat: 4/11 Lane : 7 Athlete: BEHEYT MAXIM			Q-time: 01:31:91		
PB (50m pool): 01:31.91 Kortrijk 04/05/2025		PB (25m pool): 01:34.95 SB: no time			
	50 M	100 M			
PB	00:44.64	01:31.91			
	00:44.64	00:47.27			
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 15:02		
Heat: 5/11 Lane : 3 Athlete: MEUL RUNE			Q-time: 01:25:78		
PB (50m pool): 01:25.78 Antwerpen 20/07/2025		PB (25m pool): 01:19.76 SB: no time			
	50 M	100 M			
PB	00:41.84	01:25.78			
	00:41.84	00:43.94			
			

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+		Heat:5, starttime: 15:02	
Heat: 5/11 Lane : 7 Athlete: ROGIERS JACK		Q-time: 01:26:49	
PB (50m pool): 01:26.49 Antwerpen 20/07/2025		PB (25m pool): 01:23.99 SB: no time	
	50 M	100 M	
PB	00:42.02	01:26.49	
	00:42.02	00:44.47	
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:6, starttime: 15:05	
Heat: 6/11 Lane : 9 Athlete: DE BRUYNE SANDER		Q-time: 01:24:57	
PB (50m pool): 01:24.57 Antwerpen 20/07/2025		PB (25m pool): 01:18.72 SB: no time	
	50 M	100 M	
PB	00:40.92	01:24.57	
	00:40.92	00:43.65	
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:7, starttime: 15:07	
Heat: 7/11 Lane : 4 Athlete: DIERCKX ANDREAS		Q-time: 01:16:00	
PB (50m pool): 01:16.00 Aalst 20/12/2025		PB (25m pool): 01:18.69 SB: 01:16.00 Aalst 20/12/2025	
	50 M	100 M	
PB	00:36.97	01:16.00	
	00:36.97	00:39.03	
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:7, starttime: 15:07	
Heat: 7/11 Lane : 8 Athlete: BEHEYT MATHIS		Q-time: 01:18:63	
PB (50m pool): 01:18.63 Aalst 20/12/2025		PB (25m pool): 01:16.05 SB: 01:18.63 Aalst 20/12/2025	
	50 M	100 M	
PB	00:38.19	01:18.63	
	00:38.19	00:40.44	
	

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+		Heat:8, starttime: 15:10	
Heat: 8/11 Lane : 5 Athlete: PAUWELS MILLAU		Q-time: 01:13:66	
PB (50m pool): 01:13.66 Kortrijk 04/05/2025		PB (25m pool): 01:10.29 SB: no time	
	50 M	100 M	
PB	00:35.49	01:13.66	
	00:35.49	00:38.17	
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:9, starttime: 15:12	
Heat: 9/11 Lane : 2 Athlete: VANDERHAEGHE ANTWAN		Q-time: 01:08:41	
PB (50m pool): 01:08.17 Antwerpen 28/07/2024		PB (25m pool): 01:05.47 SB: no time	
	50 M	100 M	
PB	no time	01:08.17	
	no time		
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:10, starttime: 15:14	
Heat: 10/11 Lane : 0 Athlete: HOOGHE MAURO		Q-time: 01:06:34	
PB (50m pool): 01:06.34 Antwerpen 20/07/2025		PB (25m pool): 01:02.77 SB: no time	
	50 M	100 M	
PB	no time	01:06.34	
	no time		
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:10, starttime: 15:14	
Heat: 10/11 Lane : 6 Athlete: DEHAENE JULE		Q-time: 01:05:47	
PB (50m pool): 01:05.47 Antwerpen 27/07/2025		PB (25m pool): 01:03.84 SB: 01:06.26 Aalst 20/12/2025	
	50 M	100 M	
PB	00:31.47	01:05.47	
	00:31.47	00:34.00	
	

Coach feedback:

PK LB W-Vlaanderen: Session: 4: COACH evaluation sheet for TEAM: ISWIM

Event number: 35: 100M BACKSTROKE MEN 11+ Heat:11, starttime: 15:17

Heat: 11/11 Lane : 1 Athlete: SEYS WOUT Q-time: 01:03:61

PB (50m pool): 01:03.61 Antwerp 09/02/2025 PB (25m pool): 01:03.09 SB: no time

	50 M	100 M	
PB	00:31.11	01:03.61	
	00:31.11	00:32.50	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+ Heat:4, starttime: 15:27

Heat: 4/7 Lane : 8 Athlete: VANDERMARLIERE JUNA Q-time: 01:20:39

PB (50m pool): 01:20.39 Eindhoven 16/03/2025 PB (25m pool): 01:16.21 SB: no time

	50 M	100 M	
PB	00:38.83	01:20.39	
	00:38.83	00:41.56	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+ Heat:5, starttime: 15:30

Heat: 5/7 Lane : 0 Athlete: DEKEIN YUTA Q-time: 01:15:83

PB (50m pool): 01:15.83 Aalst 20/12/2025 PB (25m pool): 01:11.46 SB: 01:15.83 Aalst 20/12/2025

	50 M	100 M	
PB	00:36.87	01:15.83	
	00:36.87	00:38.96	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+ Heat:5, starttime: 15:30

Heat: 5/7 Lane : 3 Athlete: DE BRUYNE SILKE Q-time: 01:14:10

PB (50m pool): 01:14.10 Aalst 20/12/2025 PB (25m pool): 01:11.29 SB: 01:14.10 Aalst 20/12/2025

	50 M	100 M	
PB	00:36.16	01:14.10	
	00:36.16	00:37.94	
	

Coach feedback:

PK LB W-Vlaanderen: Session: 4: COACH evaluation sheet for TEAM: ISWIM

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:5, starttime: 15:30
Heat: 5/7 Lane : 5 Athlete: CALLEWAERT JACKIE			Q-time: 01:13:95
PB (50m pool): 01:10.32 ANTWERPEN 30/07/2023		PB (25m pool): 01:09.87 SB: no time	
	50 M	100 M	
PB	no time	01:10.32	
	<i>no time</i>		
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:6, starttime: 15:32
Heat: 6/7 Lane : 1 Athlete: TYVAERT MANON			Q-time: 01:13:14
PB (50m pool): 01:13.14 Antwerpen 27/07/2025		PB (25m pool): 01:10.36 SB: 01:14.65 Aalst 20/12/2025	
	50 M	100 M	
PB	00:35.65	01:13.14	
	<i>00:35.65</i>	<i>00:37.49</i>	
	

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+				Heat:2, starttime: 15:41
Heat: 2/6 Lane : 8 Athlete: DIERCKX ANDREAS				Q-time: 02:56:07
PB (50m pool): 02:56.07 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 02:57.73 SB: no time		
	50 M	100 M	150 M	200 M
PB	00:40.91	01:24.45	02:18.75	02:56.07
	<i>00:40.91</i>	<i>00:43.54</i>	<i>00:54.30</i>	<i>00:37.32</i>

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+				Heat:3, starttime: 15:44
Heat: 3/6 Lane : 7 Athlete: CLAEYS YBO				Q-time: 02:45:52
PB (50m pool): 02:45.52 Antwerpen 20/07/2025		PB (25m pool): 02:33.74 SB: no time		
	50 M	100 M	150 M	200 M
PB	00:35.75	01:18.10	02:08.10	02:45.52
	<i>00:35.75</i>	<i>00:42.35</i>	<i>00:50.00</i>	<i>00:37.42</i>

Coach feedback:

PK LB W-Vlaanderen: Session: 4: COACH evaluation sheet for TEAM: ISWIM

Event number: 37: 200M MEDLEY MEN 13+				Heat:5, starttime: 15:51	
Heat: 5/6 Lane : 0 Athlete: PAUWELS MILLAU				Q-time: 02:29:10	
PB (50m pool): 02:29.10 Antwerpen 20/07/2025			PB (25m pool): 02:26.97 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.97	01:12.14	01:56.54	02:29.10	
	00:31.97	00:40.17	00:44.40	00:32.56	
	

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+				Heat:5, starttime: 15:51	
Heat: 5/6 Lane : 5 Athlete: HOGHE MAURO				Q-time: 02:25:68	
PB (50m pool): 02:25.68 Antwerpen 20/07/2025			PB (25m pool): 02:19.43 SB: 02:27.69 Aalst 20/12/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.12	01:08.51	01:52.71	02:25.68	
	00:31.12	00:37.39	00:44.20	00:32.97	
	

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+				Heat:5, starttime: 15:51	
Heat: 5/6 Lane : 7 Athlete: VAN DAELE SEM				Q-time: 02:27:68	
PB (50m pool): 02:27.68 Eindhoven 16/03/2025			PB (25m pool): 02:27.63 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.79	01:08.87	01:52.86	02:27.68	
	00:29.79	00:39.08	00:43.99	00:34.82	
	

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+				Heat:6, starttime: 15:54	
Heat: 6/6 Lane : 0 Athlete: SEYS WOUT				Q-time: 02:22:53	
PB (50m pool): 02:22.53 Antwerpen 27/07/2025			PB (25m pool): 02:17.74 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.97	01:06.49	01:53.06	02:22.53	
	00:29.97	00:36.52	00:46.57	00:29.47	
	

Coach feedback:

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Event number: 37: 200M MEDLEY MEN 13+				Heat:6, starttime: 15:54	
Heat: 6/6 Lane : 1 Athlete: DUFLOUCQ SEPPE				Q-time: 02:22:36	
PB (50m pool): 02:22.09 Kortrijk 26/12/2024			PB (25m pool): 02:16.34 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.17	01:07.74	01:49.37	02:22.09	
	00:29.17	00:38.57	00:41.63	00:32.72	
	

Coach feedback: