

SPEEDOMEETING 2026: Session: 2: COACH evaluation sheet for TEAM: DIZV

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

Coaches: Geeroms Kristel

Coaches: Rauw Mathis

Coaches: De Paepe Inge HEADCOACH

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

Event number: 9: 100M FREESTYLE MEN 11+			Heat:5, starttime: 09:10
Heat: 5/27 Lane : 4 Athlete: PROPS LUKAS			Q-time: 01:16:87
PB (50m pool): 01:21.09 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:15.96 SB: no time			
	5 0 M	1 0 0 M	
PB	00:39.60	01:21.09	
	00:39.60	00:41.49	
			

Coach feedback:

Event number: 9: 100M FREESTYLE MEN 11+			Heat:6, starttime: 09:10
Heat: 6/27 Lane : 1 Athlete: BOSSUYT LIAS			Q-time: 01:16:55
PB (50m pool): 01:18.20 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:10.64 SB: no time			
	5 0 M	1 0 0 M	
PB	00:37.89	01:18.20	
	00:37.89	00:40.31	
			

Coach feedback:

Event number: 9: 100M FREESTYLE MEN 11+			Heat:9, starttime: 09:15
Heat: 9/27 Lane : 0 Athlete: VERSTRYNGE OSCAR			Q-time: 01:10:86
PB (50m pool): 01:11.95 Molenbeek 01/02/2026 PB (25m pool): 01:08.92 SB: 01:11.95 Molenbeek 01/02/2026			
	5 0 M	1 0 0 M	
PB	no time	01:11.95	
	no time		
			

Coach feedback:

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Event number: 9: 100M FREESTYLE MEN 11+			Heat:14, starttime: 09:25
Heat: 14/27 Lane : 8 Athlete: ADAMS HENRY			Q-time: 01:05:81
PB (50m pool): 01:06.63 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:04.95 SB: no time			
	5 0 M	1 0 0 M	
PB	00:32.55	01:06.63	
	00:32.55	00:34.08	
			

Coach feedback:

Event number: 9: 100M FREESTYLE MEN 11+			Heat:15, starttime: 09:25
Heat: 15/27 Lane : 2 Athlete: VERHERSTRAETEN KOBE			Q-time: 01:03:56
PB (50m pool): 01:04.82 Antwerpen 13/07/2025 PB (25m pool): 01:03.56 SB: 01:05.23 Molenbeek 01/02/2026			
	5 0 M	1 0 0 M	
PB	00:31.33	01:04.82	
	00:31.33	00:33.49	
			

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 10:05
Heat: 8/26 Lane : 2 Athlete: VANDEROOST ANNA			Q-time: 01:44:57
PB (50m pool): 01:43.28 Aalst 20/12/2025 PB (25m pool): 01:37.31 SB: 01:43.28 Aalst 20/12/2025			
	5 0 M	1 0 0 M	
PB	00:50.30	01:43.28	
	00:50.30	00:52.98	
			

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 10:05
Heat: 8/26 Lane : 3 Athlete: MOXHET TESS			Q-time: 01:44:22
PB (50m pool): 01:43.75 Aalst 20/12/2025 PB (25m pool): 01:37.84 SB: 01:43.75 Aalst 20/12/2025			
	5 0 M	1 0 0 M	
PB	00:49.56	01:43.75	
	00:49.56	00:54.19	
			

Coach feedback:

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Event number: 10: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 10:05
Heat: 8/26 Lane : 8 Athlete: VANDEROOST CLARA			Q-time: 01:45:53
PB (50m pool): 01:41.98 Antwerpen 15/03/2026			PB (25m pool): 01:45.53 SB: 01:41.98 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:48.63	01:41.98	
	00:48.63	00:53.35	
			

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 10:05
Heat: 10/26 Lane : 4 Athlete: EL HACHIMI NORA			Q-time: 01:40:18
PB (50m pool): 01:36.13 Antwerpen 15/03/2026			PB (25m pool): 01:40.18 SB: 01:36.13 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:45.98	01:36.13	
	00:45.98	00:50.15	
			

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 10:10
Heat: 11/26 Lane : 1 Athlete: DE WILDE LORE			Q-time: 01:39:69
PB (50m pool): 01:39.69 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:50.06 SB: 01:40.82 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:47.72	01:39.69	
	00:47.72	00:51.97	
			

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+			Heat:12, starttime: 10:10
Heat: 12/26 Lane : 4 Athlete: DE BUS ANNA-LENA			Q-time: 01:37:18
PB (50m pool): 01:37.18 Antwerp 02/02/2025			PB (25m pool): 01:36.66 SB: 01:38.60 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	00:46.36	01:37.18	
	00:46.36	00:50.82	
			

Coach feedback:

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Event number: 10: 100M BREASTSTROKE WOMEN 11+			Heat:18, starttime: 10:25
Heat: 18/26 Lane : 2 Athlete: DE WILDE MARGOT			Q-time: 01:29:46
PB (50m pool): 01:31.74 Antwerpen 15/03/2026			PB (25m pool): 01:29.46 SB: 01:31.74 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.19	01:31.74	
	00:44.19	00:47.55	
			

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+			Heat:18, starttime: 10:25
Heat: 18/26 Lane : 4 Athlete: VERHERSTRAETEN LORE			Q-time: 01:28:93
PB (50m pool): 01:28.75 Aalst 20/12/2025			PB (25m pool): 01:31.26 SB: 01:28.75 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:41.38	01:28.75	
	00:41.38	00:47.37	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 11:05
Heat: 4/24 Lane : 2 Athlete: PROPS LUKAS			Q-time: 01:32:96
PB (50m pool): 01:29.66 Molenbeek 01/02/2026			PB (25m pool): 01:28.35 SB: 01:29.66 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:29.66	
	no time		
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 11:05
Heat: 5/24 Lane : 9 Athlete: VERSTRYNGE OSCAR			Q-time: 01:30:87
PB (50m pool): 01:27.29 Aalst 20/12/2025			PB (25m pool): 01:22.78 SB: 01:27.29 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:42.73	01:27.29	
	00:42.73	00:44.56	
			

Coach feedback:

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Event number: 11: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 11:10
Heat: 7/24 Lane : 4 Athlete: BOSSUYT LIAS			Q-time: 01:24:52
PB (50m pool): 01:27.51 Aalst 20/12/2025			PB (25m pool): 01:21.85 SB: 01:27.51 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:42.96	01:27.51	
	00:42.96	00:44.55	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:10, starttime: 11:15
Heat: 10/24 Lane : 4 Athlete: ADAMS HENRY			Q-time: 01:19:70
PB (50m pool): 01:19.70 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:23.49 SB: 01:25.47 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	00:38.90	01:19.70	
	00:38.90	00:40.80	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:11, starttime: 11:15
Heat: 11/24 Lane : 2 Athlete: VERHERSTRAETEN KOBE			Q-time: 01:18:98
PB (50m pool): 01:17.16 Molenbeek 01/02/2026			PB (25m pool): 01:12.07 SB: 01:17.16 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:17.16	
	no time		
			

Coach feedback:

Event number: 12: 100M BUTTERFLY WOMEN 11+			Heat:8, starttime: 12:00
Heat: 8/22 Lane : 2 Athlete: VANDEROOST ANNA			Q-time: 01:37:30
PB (50m pool): no time			PB (25m pool): 01:37.30 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

SPEEDOMEETING 2026: Session: 2: COACH evaluation sheet for TEAM: DIZV

Event number: 12: 100M BUTTERFLY WOMEN 11+			Heat:8, starttime: 12:00
Heat: 8/22 Lane : 4 Athlete: DE BUS ANNA-LENA			Q-time: 01:35:94
PB (50m pool): no time			PB (25m pool): 01:30.25 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 12: 100M BUTTERFLY WOMEN 11+			Heat:10, starttime: 12:05
Heat: 10/22 Lane : 4 Athlete: MOXHET TESS			Q-time: 01:29:42
PB (50m pool): 01:28.62 Antwerpen 15/03/2026			PB (25m pool): 01:29.42 SB: 01:28.62 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.40	01:28.62	
	00:40.40	00:48.22	
			

Coach feedback:

Event number: 12: 100M BUTTERFLY WOMEN 11+			Heat:10, starttime: 12:05
Heat: 10/22 Lane : 5 Athlete: VANDEROOST CLARA			Q-time: 01:29:88
PB (50m pool): 01:33.02 Antwerpen 15/03/2026			PB (25m pool): 01:29.88 SB: 01:33.02 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.89	01:33.02	
	00:41.89	00:51.13	
			

Coach feedback:

Event number: 12: 100M BUTTERFLY WOMEN 11+			Heat:11, starttime: 12:05
Heat: 11/22 Lane : 0 Athlete: EL HACHIMI NORA			Q-time: 01:29:00
PB (50m pool): 01:36.44 Antwerpen 15/03/2026			PB (25m pool): 01:29.00 SB: 01:36.44 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:43.23	01:36.44	
	00:43.23	00:53.21	
			

Coach feedback:

SPEEDOMEETING 2026: Session: 2: COACH evaluation sheet for TEAM: DIZV

Event number: 12: 100M BUTTERFLY WOMEN 11+			Heat:11, starttime: 12:05
Heat: 11/22 Lane : 7 Athlete: DE WILDE MARGOT			Q-time: 01:28:89
PB (50m pool): 01:25.40 Antwerpen 15/03/2026			PB (25m pool): 01:25.17 SB: 01:25.40 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.34	01:25.40	
	00:39.34	00:46.06	
			

Coach feedback:

Event number: 12: 100M BUTTERFLY WOMEN 11+			Heat:12, starttime: 12:05
Heat: 12/22 Lane : 5 Athlete: DE WILDE LORE			Q-time: 01:25:24
PB (50m pool): 01:25.24 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:24.69 SB: 01:25.65 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.49	01:25.24	
	00:38.49	00:46.75	
			

Coach feedback:

Event number: 12: 100M BUTTERFLY WOMEN 11+			Heat:17, starttime: 12:15
Heat: 17/22 Lane : 7 Athlete: VERHERSTRAETEN LORE			Q-time: 01:16:63
PB (50m pool): 01:16.63 Antwerpen 13/07/2025			PB (25m pool): 01:13.18 SB: 01:17.30 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	00:34.77	01:16.63	
	00:34.77	00:41.86	
			

Coach feedback: