

SPEEDOMEETING 2026: Session: 3: COACH Evaluation sheet for TEAM: ALZV

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Pinte Kevin HEADCOACH

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

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:5, starttime: 14:30
Heat: 5/24 Lane : 8 Athlete: PINT ELLA					Q-time: 03:39:24
PB (50m pool): 03:39.24 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 03:14.30 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.29	01:45.37	02:51.38	03:39.24	
	00:46.29	00:59.08	01:06.01	00:47.86	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:7, starttime: 14:40
Heat: 7/24 Lane : 8 Athlete: VAN HOEYMISSEN JANNE					Q-time: 03:22:00
PB (50m pool): 03:22.00 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 03:06.03 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.21	01:42.43	02:38.87	03:22.00	
	00:49.21	00:53.22	00:56.44	00:43.13	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:10, starttime: 14:50
Heat: 10/24 Lane : 6 Athlete: NECULAE MARIA IULIA					Q-time: 03:10:74
PB (50m pool): 03:06.49 Antwerpen 08/03/2026 PB (25m pool): 02:55.63 SB: 03:06.49 Antwerpen 08/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.22	01:26.36	02:25.17	03:06.49	
	00:38.22	00:48.14	00:58.81	00:41.32	
					

Coach feedback:

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Event number: 17: 400M FREESTYLE MEN 11+							Heat:2, starttime: 16:10	
Heat: 2/10 Lane : 2 Athlete: WAGEMANS DAAN							Q-time: 05:26:42	
PB (50m pool): 05:26.42 Gent 08/02/2026				PB (25m pool): 05:40.30 SB: 05:26.42 Gent 08/02/2026				
	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	00:34.67	01:16.28	01:57.61	02:40.06	03:22.67	04:05.54	04:48.00	05:26.42
	00:34.67	00:41.61	00:41.33	00:42.45	00:42.61	00:42.87	00:42.46	00:38.42
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:3, starttime: 16:15	
Heat: 3/10 Lane : 0 Athlete: HERMANS VIKTOR							Q-time: 05:19:30	
PB (50m pool): 05:19.30 Molenbeek 01/02/2026				PB (25m pool): 05:15.59 SB: 05:19.30 Molenbeek 01/02/2026				
	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	no time	01:14.56	no time	02:38.30	no time	no time	no time	05:19.30
	<i>no time</i>							
								

Coach feedback: