

SPEEDOMEETING 2026: Session: 3: COACH evaluation sheet for TEAM: DDAT

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

Coaches: Claes Steven

Coaches: Slabbaert Ann HEADCOACH

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

Event number: 13: 100M FREESTYLE MEN 10-9						Heat:2, starttime: 14:00	
Heat: 2/2 Lane : 3 Athlete: VAN DE GUCHT TIBO						Q-time: 01:25:09	
PB (50m pool): 01:28.18 Gent 08/02/2026						PB (25m pool): 01:24.90SB: 01:28.18 Gent 08/02/2026	
	5 0 M	1 0 0 M					
PB	00:41.62	01:28.18					
	00:41.62	00:46.56					
							

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+				Heat:8, starttime: 14:45	
Heat: 8/24 Lane : 7 Athlete: TRONCKOE BENTE				Q-time: 03:17:59	
PB (50m pool): 03:17.59 Charleroi 11/01/2026				PB (25m pool): 03:06.04 SB: 03:17.59 Charleroi 11/01/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.77	01:30.44	02:31.89	03:17.59	
	00:40.77	00:49.67	01:01.45	00:45.70	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+				Heat:8, starttime: 14:45	
Heat: 8/24 Lane : 9 Athlete: VERMEIR JOSEFIEN				Q-time: 03:18:89	
PB (50m pool): 03:18.89 Antwerpen 13/07/2025				PB (25m pool): 03:13.19 SB: 03:29.21 Charleroi 11/01/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.07	01:40.47	02:38.00	03:18.89	
	00:48.07	00:52.40	00:57.53	00:40.89	
					

Coach feedback:

SPEEDOMEETING 2026: Session: 3: COACH evaluation sheet for TEAM: DDAT

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:12, starttime: 15:00
Heat: 12/24 Lane : 3 Athlete: DELCOIGNE ELLA					Q-time: 03:01:95
PB (50m pool): 03:01.95 Aalst 20/12/2025					PB (25m pool): 02:57.74 SB: 03:01.95 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.48	01:24.15	02:20.84	03:01.95	
	00:37.48	00:46.67	00:56.69	00:41.11	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:12, starttime: 15:00
Heat: 12/24 Lane : 7 Athlete: VERMOESEN ESTÉE					Q-time: 03:03:08
PB (50m pool): 03:10.40 Antwerpen 13/07/2025					PB (25m pool): 03:03.08 SB: 03:13.59 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.68	01:30.25	02:28.70	03:10.40	
	00:40.68	00:49.57	00:58.45	00:41.70	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:13, starttime: 15:00
Heat: 13/24 Lane : 8 Athlete: DE PRATER JUNO					Q-time: 03:00:73
PB (50m pool): 03:00.73 Antwerpen 13/07/2025					PB (25m pool): 02:49.74 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.92	01:24.32	02:16.81	03:00.73	
	00:36.92	00:47.40	00:52.49	00:43.92	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:14, starttime: 15:05
Heat: 14/24 Lane : 3 Athlete: VANDE GHINSTE AMBER					Q-time: 02:57:72
PB (50m pool): 03:01.58 Antwerpen 13/07/2025					PB (25m pool): 02:57.72 SB: 03:07.96 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.61	01:30.61	02:20.77	03:01.58	
	00:41.61	00:49.00	00:50.16	00:40.81	
					

Coach feedback:

SPEEDOMEETING 2026: Session: 3: COACH evaluation sheet for TEAM: DDAT

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:15, starttime: 15:10
Heat: 15/24 Lane : 3 Athlete: NDIAYE MAÏ					Q-time: 02:55:63
PB (50m pool): 02:55.52 Antwerpen 08/03/2026					PB (25m pool): 02:55.63 SB: 02:55.52 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.72	01:23.91	02:14.50	02:55.52	
	00:37.72	00:46.19	00:50.59	00:41.02	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:18, starttime: 15:20
Heat: 18/24 Lane : 3 Athlete: NSUBUGA SOFIA					Q-time: 02:47:18
PB (50m pool): 02:54.29 Gent 08/02/2026					PB (25m pool): 02:47.18 SB: 02:54.29 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.54	01:27.11	02:15.41	02:54.29	
	00:41.54	00:45.57	00:48.30	00:38.88	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:19, starttime: 15:25
Heat: 19/24 Lane : 2 Athlete: FRANCKX MARGAUX					Q-time: 02:45:83
PB (50m pool): 02:52.09 Antwerpen 13/07/2025					PB (25m pool): 02:45.83 SB: 02:52.35 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.91	01:17.27	02:11.40	02:52.09	
	00:33.91	00:43.36	00:54.13	00:40.69	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:19, starttime: 15:25
Heat: 19/24 Lane : 6 Athlete: WYFFELS LOUISE MARIE					Q-time: 02:45:21
PB (50m pool): 02:41.92 Antwerpen 08/03/2026					PB (25m pool): 02:45.21 SB: 02:41.92 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.81	01:15.29	02:06.44	02:41.92	
	00:33.81	00:41.48	00:51.15	00:35.48	
					

Coach feedback:

SPEEDOMEETING 2026: Session: 3: COACH evaluation sheet for TEAM: DDAT

Event number: 16: 100M BREASTSTROKE MEN 10-9				Heat:2, starttime: 16:00	
Heat: 2/2 Lane : 3 Athlete: VAN DE GUCHT TIBO				Q-time: 01:51:27	
PB (50m pool): no time				PB (25m pool): 01:48.17 SB: no time	
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:1, starttime: 16:05	
Heat: 1/10 Lane : 4 Athlete: DE MESMAEKER LOANN							Q-time: 05:35:22	
PB (50m pool): 05:36.48 Molenbeek 01/02/2026			PB (25m pool): 05:20.51SB: 05:36.48 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	01:21.21	no time	02:46.21	no time	no time	no time	05:36.48
	<i>no time</i>							
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:4, starttime: 16:20	
Heat: 4/10 Lane : 3 Athlete: CLAES ELIAN							Q-time: 05:08:00	
PB (50m pool): 05:15.06 Molenbeek 01/02/2026			PB (25m pool): 05:05.20SB: 05:15.06 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	01:15.92	no time	02:36.09	no time	no time	no time	05:15.06
	<i>no time</i>							
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:5, starttime: 16:25	
Heat: 5/10 Lane : 6 Athlete: DELCOIGNE NATHAN							Q-time: 04:58:76	
PB (50m pool): 05:01.07 Molenbeek 01/02/2026			PB (25m pool): 04:49.50SB: 05:01.07 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	01:10.52	no time	02:27.58	no time	no time	no time	05:01.07
	<i>no time</i>							
								

Coach feedback:

SPEEDOMEETING 2026: Session: 3: COACH evaluation sheet for TEAM: DDAT

Event number: 17: 400M FREESTYLE MEN 11+							Heat:5, starttime: 16:25	
Heat: 5/10 Lane : 8 Athlete: JACQUEMYS KOBÉ							Q-time: 05:05:31	
PB (50m pool): 05:05.31 Aalst 20/12/2025				PB (25m pool): 05:15.95SB: 05:05.31 Aalst 20/12/2025				
	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	00:33.72	01:11.44	01:50.60	02:30.50	03:10.13	03:49.39	04:28.39	05:05.31
	00:33.72	00:37.72	00:39.16	00:39.90	00:39.63	00:39.26	00:39.00	00:36.92
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:6, starttime: 16:35	
Heat: 6/10 Lane : 9 Athlete: TRONCKOE KOBÉ							Q-time: 04:56:11	
PB (50m pool): 04:53.16 Molenbeek 01/02/2026				PB (25m pool): 04:41.53SB: 04:53.16 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	01:08.96	no time	02:25.01	no time	no time	no time	04:53.16
	<i>no time</i>							
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:8, starttime: 16:45	
Heat: 8/10 Lane : 2 Athlete: PUTTAERT ARTHUR							Q-time: 04:36:24	
PB (50m pool): 04:51.78 Mol 22/06/2025				PB (25m pool): 04:36.24SB: 04:52.74 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	00:31.44	01:07.52	01:44.42	02:22.52	02:59.75	03:37.23	04:14.95	04:51.78
	00:31.44	00:36.08	00:36.90	00:38.10	00:37.23	00:37.48	00:37.72	00:36.83
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:9, starttime: 16:50	
Heat: 9/10 Lane : 5 Athlete: SEGHERS MICHIEL							Q-time: 04:27:36	
PB (50m pool): 06:04.93 Stedelijk zwembad Oostende 04/10/2022PB (25m pool): 04:27.36SB: 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	no time	no time	no time	no time	no time	no time	no time	06:04.93
	no time							
								

Coach feedback: