

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

Coachinfo: Warming up from: 13:00 untill 13:45. 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: 15: 200M MEDLEY WOMEN 11+					Heat:8, starttime: 14:45
Heat: 8/24 Lane : 0 Athlete: VANDEROOST ANNA					Q-time: 03:18:69
PB (50m pool): 03:30.54 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 03:17.53 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.93	01:44.81	02:44.09	03:30.54	
	00:46.93	00:57.88	00:59.28	00:46.45	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:11, starttime: 14:55
Heat: 11/24 Lane : 1 Athlete: DE BUS ANNA-LENA					Q-time: 03:08:23
PB (50m pool): 03:08.63 Molenbeek 01/02/2026 PB (25m pool): 03:08.23 SB: 03:08.63 Molenbeek 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:08.63	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:11, starttime: 14:55
Heat: 11/24 Lane : 8 Athlete: VANDEROOST CLARA					Q-time: 03:08:28
PB (50m pool): 03:22.94 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 03:05.97 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.16	01:39.14	02:36.24	03:22.94	
	00:44.16	00:54.98	00:57.10	00:46.70	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:12, starttime: 15:00
Heat: 12/24 Lane : 5 Athlete: EL HACHIMI NORA					Q-time: 03:01:50
PB (50m pool): no time PB (25m pool): 03:01.50 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:14, starttime: 15:05
Heat: 14/24 Lane : 4 Athlete: MOXHET TESS					Q-time: 02:57:62
PB (50m pool): 03:07.27 Antwerp 26/01/2025 PB (25m pool): 02:54.11 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.97	01:33.05	02:27.02	03:07.27	
	00:42.97	00:50.08	00:53.97	00:40.25	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:15, starttime: 15:10
Heat: 15/24 Lane : 7 Athlete: DE WILDE MARGOT					Q-time: 02:56:06
PB (50m pool): 03:00.69 Antwerpen 13/07/2025 PB (25m pool): 02:56.06 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.49	01:26.95	02:20.36	03:00.69	
	00:39.49	00:47.46	00:53.41	00:40.33	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:16, starttime: 15:15
Heat: 16/24 Lane : 2 Athlete: DE WILDE LORE					Q-time: 02:53:54
PB (50m pool): 02:53.54 Antwerpen 13/07/2025 PB (25m pool): 02:56.74 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.10	01:21.00	02:13.86	02:53.54	
	00:37.10	00:43.90	00:52.86	00:39.68	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:22, starttime: 15:35
Heat: 22/24 Lane : 3 Athlete: VERHERSTRAETEN LORE					Q-time: 02:37:60
PB (50m pool): 02:41.90 Antwerpen 20/07/2025					PB (25m pool): 02:35.99 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.85	01:17.72	02:07.15	02:41.90	
	00:35.85	00:41.87	00:49.43	00:34.75	
					

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+					Heat:1, starttime: 16:05			
Heat: 1/10 Lane : 3 Athlete: VERSTRYNGE OSCAR					Q-time: 05:35:48			
PB (50m pool): no time					PB (25m pool): 05:29.20 SB: 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	no time
	no time							
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+					Heat:2, starttime: 16:10			
Heat: 2/10 Lane : 3 Athlete: VERHERSTRAETEN KOBE					Q-time: 05:23:82			
PB (50m pool): 05:23.82 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 05:06.02 SB: 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	00:34.53	01:13.50	01:54.15	02:36.65	03:19.04	04:01.43	04:44.14	05:23.82
	00:34.53	00:38.97	00:40.65	00:42.50	00:42.39	00:42.39	00:42.71	00:39.68
								

Coach feedback: