

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

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

Coaches: Sys Justine 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 : 7 Athlete: VAN CAENEGEM LARS				Q-time: 01:35:52
PB (50m pool): 01:35.52 Gent 08/02/2026				PB (25m pool): 01:33.28 SB: 01:35.52 Gent 08/02/2026
	5 0 M	1 0 0 M		
PB	00:45.81	01:35.52		
	00:45.81	00:49.71		
				

Coach feedback:

Event number: 14: 200M MEDLEY WOMEN 10-9					Heat:2, starttime: 14:10
Heat: 2/2 Lane : 4 Athlete: VAN DEN BRULLE EBE					Q-time: 03:50:20
PB (50m pool): no time					PB (25m pool): 03:50.20 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:2, starttime: 14:20
Heat: 2/24 Lane : 0 Athlete: VERBUSTEL LORE					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): no time 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:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:5, starttime: 14:30
Heat: 5/24 Lane : 9 Athlete: BAEYENS EMKE					Q-time: 03:42:23
PB (50m pool): 03:42.23 Gent 08/02/2026					PB (25m pool): 03:46.02 SB: 03:42.23 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:53.67	01:50.60	02:51.88	03:42.23	
	00:53.67	00:56.93	01:01.28	00:50.35	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:7, starttime: 14:40
Heat: 7/24 Lane : 5 Athlete: VAN CAENEGEM FIEN					Q-time: 03:19:39
PB (50m pool): 03:19.39 Gent 08/02/2026					PB (25m pool): no time SB: 03:19.39 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.90	01:34.35	02:34.56	03:19.39	
	00:43.90	00:50.45	01:00.21	00:44.83	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:7, starttime: 14:40
Heat: 7/24 Lane : 7 Athlete: GALMART HAYLEY					Q-time: 03:21:75
PB (50m pool): 03:21.75 Antwerpen 13/07/2025					PB (25m pool): 03:03.78 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.36	01:40.12	02:36.84	03:21.75	
	00:47.36	00:52.76	00:56.72	00:44.91	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:8, starttime: 14:45
Heat: 8/24 Lane : 4 Athlete: UVYN AURÉLIE					Q-time: 03:15:88
PB (50m pool): 03:15.88 Gent 08/02/2026					PB (25m pool): 03:19.96 SB: 03:15.88 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.44	01:35.60	02:34.34	03:15.88	
	00:45.44	00:50.16	00:58.74	00:41.54	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:8, starttime: 14:45
Heat: 8/24 Lane : 6 Athlete: VAN DEN BRULLE MANE					Q-time: 03:16:72
PB (50m pool): 03:16.72 Gent 08/02/2026					PB (25m pool): 03:19.78 SB: 03:16.72 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.44	01:34.81	02:31.85	03:16.72	
	00:46.44	00:48.37	00:57.04	00:44.87	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:9, starttime: 14:50
Heat: 9/24 Lane : 4 Athlete: BAELE NORAH					Q-time: 03:13:10
PB (50m pool): 03:13.10 Gent 08/02/2026					PB (25m pool): 03:19.66 SB: 03:13.10 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.13	01:35.95	02:30.80	03:13.10	
	00:46.13	00:49.82	00:54.85	00:42.30	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:10, starttime: 14:50
Heat: 10/24 Lane : 4 Athlete: VERBERT KAAT					Q-time: 03:08:70
PB (50m pool): 03:08.70 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 02:50.74 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.76	01:29.17	02:26.79	03:08.70	
	00:41.76	00:47.41	00:57.62	00:41.91	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:11, starttime: 14:55
Heat: 11/24 Lane : 2 Athlete: DAEM HANNELISE					Q-time: 03:07:26
PB (50m pool): 03:07.26 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 03:04.23 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.50	01:28.49	02:26.23	03:07.26	
	00:41.50	00:46.99	00:57.74	00:41.03	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:12, starttime: 15:00
Heat: 12/24 Lane : 0 Athlete: CANTRé EMILIE					Q-time: 03:04:53
PB (50m pool): 03:00.30 Zwembad Brigitte Becue Oostend 10/05/2025 PB (25m pool): 02:53.93 SB: 03:04.53 Lochristi 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	03:00.30	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:14, starttime: 15:05
Heat: 14/24 Lane : 5 Athlete: DE BACKER SOPHIE					Q-time: 02:57:72
PB (50m pool): 02:57.72 Gent 08/02/2026 PB (25m pool): 02:49.15 SB: 02:57.72 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.75	01:24.11	02:19.13	02:57.72	
	00:40.75	00:43.36	00:55.02	00:38.59	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:14, starttime: 15:05
Heat: 14/24 Lane : 8 Athlete: STORME JADE					Q-time: 02:59:23
PB (50m pool): 02:59.23 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:52.00 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.89	01:24.24	02:20.54	02:59.23	
	00:39.89	00:44.35	00:56.30	00:38.69	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:14, starttime: 15:05
Heat: 14/24 Lane : 9 Athlete: DE BIE LIZE					Q-time: 02:59:38
PB (50m pool): 02:59.38 Gent 08/02/2026 PB (25m pool): 03:21.89 SB: 02:59.38 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.22	01:28.05	02:19.45	02:59.38	
	00:42.22	00:45.83	00:51.40	00:39.93	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:15, starttime: 15:10
Heat: 15/24 Lane : 6 Athlete: STORME IEME					Q-time: 02:55:79
PB (50m pool): 02:55.79 Gent 08/02/2026					PB (25m pool): 02:52.06 SB: 02:55.79 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.84	01:22.15	02:17.68	02:55.79	
	00:39.84	00:42.31	00:55.53	00:38.11	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:16, starttime: 15:15
Heat: 16/24 Lane : 6 Athlete: BOGAERT HANNE					Q-time: 02:53:49
PB (50m pool): 02:53.49 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 02:44.27 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.51	01:20.54	02:13.77	02:53.49	
	00:35.51	00:45.03	00:53.23	00:39.72	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:17, starttime: 15:15
Heat: 17/24 Lane : 4 Athlete: DE SMAELE KENZA					Q-time: 02:49:11
PB (50m pool): 02:49.11 Gent 08/02/2026					PB (25m pool): 02:49.29 SB: 02:49.11 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.32	01:21.73	02:08.59	02:49.11	
	00:37.32	00:44.41	00:46.86	00:40.52	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:21, starttime: 15:30
Heat: 21/24 Lane : 1 Athlete: BEULENS LOTTE					Q-time: 02:41:53
PB (50m pool): 02:41.53 Antwerpen 08/03/2026					PB (25m pool): 02:39.41 SB: 02:41.53 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.42	01:14.99	02:03.60	02:41.53	
	00:33.42	00:41.57	00:48.61	00:37.93	
					

Coach feedback:

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Event number: 16: 100M BREASTSTROKE MEN 10-9										Heat:2, starttime: 16:00	
Heat: 2/2 Lane : 1 Athlete: VAN CAENEGEM LARS										Q-time: 02:03:94	
PB (50m pool): 02:03.94 LOCHRISTI 25/01/2026										PB (25m pool): no time SB: 02:03.94 LOCHRISTI 25/01/2026	
	5 0 M		1 0 0 M								
PB	no time		02:03.94								
	no time										
											

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+						Heat:3, starttime: 16:15		
Heat: 3/10 Lane : 6 Athlete: BECK STANN						Q-time: 05:15:15		
PB (50m pool): 05:15.15 Lochristi 01/02/2026			PB (25m pool): 05:12.72 SB: 05:15.15 Lochristi 01/02/2026					
PB	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
	no time	01:15.76	no time	02:38.11	no time	no time	no time	05:15.15
	no time							
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+						Heat:5, starttime: 16:25		
Heat: 5/10 Lane : 2 Athlete: UVYN MAXIM						Q-time: 05:02:00		
PB (50m pool): 05:02.00 Gent 08/02/2026			PB (25m pool): 05:02.19 SB: 05:02.00 Gent 08/02/2026					
PB	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
	00:34.55	01:13.25	01:52.83	02:31.47	03:10.15	03:48.11	04:25.49	05:02.00
	00:34.55	00:38.70	00:39.58	00:38.64	00:38.68	00:37.96	00:37.38	00:36.51
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+						Heat:6, starttime: 16:35		
Heat: 6/10 Lane : 1 Athlete: VANNIEUWENHUYSE LOÏC						Q-time: 04:55:00		
PB (50m pool): 04:55.00 Gent 08/02/2026			PB (25m pool): 04:46.69 SB: 04:55.00 Gent 08/02/2026					
PB	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
	no time	01:06.93	no time	02:22.88	no time	no time	no time	04:55.00
	no time							
								

Coach feedback:

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Event number: 17: 400M FREESTYLE MEN 11+							Heat:6, starttime: 16:35	
Heat: 6/10 Lane : 3 Athlete: DE SMAELE KEYON							Q-time: 04:51:90	
PB (50m pool): 04:45.21 Antwerp 21/01/2024							PB (25m pool): 04:29.77 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	04:45.21
	no time							
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:7, starttime: 16:40	
Heat: 7/10 Lane : 1 Athlete: VAN TRICHT FINN							Q-time: 04:46:96	
PB (50m pool): 04:46.96 Gent 08/02/2026							PB (25m pool): 04:27.46 SB: 04:46.96 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	no time	01:06.08	no time	02:19.13	no time	no time	no time	04:46.96
	no time							
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:8, starttime: 16:45	
Heat: 8/10 Lane : 4 Athlete: VAN RAEMDONCK CAMU							Q-time: 04:33:67	
PB (50m pool): 04:33.67 Antwerpen 27/07/2025							PB (25m pool): 04:25.75 SB: 04:38.19 Lochristi 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	00:31.69	01:05.75	01:40.24	02:14.89	02:50.07	03:25.38	04:00.09	04:33.67
	00:31.69	00:34.06	00:34.49	00:34.65	00:35.18	00:35.31	00:34.71	00:33.58
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:8, starttime: 16:45	
Heat: 8/10 Lane : 7 Athlete: LIEVENS TIEBE							Q-time: 04:36:71	
PB (50m pool): 04:36.71 Lochristi 01/02/2026							PB (25m pool): 04:32.41 SB: 04:36.71 Lochristi 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	01:06.19	no time	02:16.80	no time	no time	no time	04:36.71
	no time							
								

Coach feedback:

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Event number: 17: 400M FREESTYLE MEN 11+							Heat:8, starttime: 16:45	
Heat: 8/10 Lane : 9 Athlete: DE BIE DAAN							Q-time: 04:43:20	
PB (50m pool): 04:43.20 Gent 08/02/2026				PB (25m pool): 04:37.79 SB: 04:43.20 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	00:31.58	01:07.19	01:43.29	02:19.64	02:55.85	03:32.25	04:08.03	04:43.20
	00:31.58	00:35.61	00:36.10	00:36.35	00:36.21	00:36.40	00:35.78	00:35.17
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:9, starttime: 16:50	
Heat: 9/10 Lane : 0 Athlete: VERHEYDEN VINZ							Q-time: 04:31:52	
PB (50m pool): 04:31.52 Antwerpen 27/07/2025				PB (25m pool): 04:22.99 SB: 04:38.19 Lochristi 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	00:30.53	01:03.94	01:38.28	02:12.82	02:48.06	03:23.29	03:58.48	04:31.52
	00:30.53	00:33.41	00:34.34	00:34.54	00:35.24	00:35.23	00:35.19	00:33.04
								

Coach feedback: