

SPEEDOMEETING 2026: Session: 4: 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: 18: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 09:15
Heat: 8/27 Lane : 6 Athlete: CLABAUT ELINA			Q-time: 01:17:59
PB (50m pool): 01:19.22 Molenbeek 01/02/2026			PB (25m pool): 01:17.59 SB: 01:19.22 Molenbeek 01/02/2026
PB	5 0 M	1 0 0 M	
	no time	01:19.22	
	no time		
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 09:15
Heat: 9/27 Lane : 5 Athlete: DE BUS ANNA-LENA			Q-time: 01:15:73
PB (50m pool): 01:33.88 Molenbeek 30/01/2022			PB (25m pool): 01:15.73 SB: no time
PB	5 0 M	1 0 0 M	
	no time	01:33.88	
	no time		
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 09:20
Heat: 11/27 Lane : 2 Athlete: MOXHET TESS			Q-time: 01:13:82
PB (50m pool): 01:13.34 Antwerpen 15/03/2026			PB (25m pool): 01:13.54 SB: 01:13.34 Antwerpen 15/03/2026
PB	5 0 M	1 0 0 M	
	00:35.59	01:13.34	
	00:35.59	00:37.75	
			

Coach feedback:

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Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 09:20
Heat: 12/27 Lane : 7 Athlete: EL HACHIMI NORA			Q-time: 01:12:79
PB (50m pool): 01:11.99 Antwerpen 15/03/2026			PB (25m pool): 01:12.79 SB: 01:11.99 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.57	01:11.99	
	00:34.57	00:37.42	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:13, starttime: 09:25
Heat: 13/27 Lane : 6 Athlete: DE WILDE MARGOT			Q-time: 01:12:05
PB (50m pool): 01:10.70 Antwerpen 15/03/2026			PB (25m pool): 01:11.91 SB: 01:10.70 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.86	01:10.70	
	00:34.86	00:35.84	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:17, starttime: 09:30
Heat: 17/27 Lane : 9 Athlete: DE WILDE LORE			Q-time: 01:09:06
PB (50m pool): 01:09.06 Antwerpen 13/07/2025			PB (25m pool): 01:10.30 SB: 01:12.22 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.45	01:09.06	
	00:33.45	00:35.61	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:27, starttime: 09:45
Heat: 27/27 Lane : 9 Athlete: VERHERSTRAETEN LORE			Q-time: 01:02:12
PB (50m pool): 01:03.48 Antwerpen 20/07/2025			PB (25m pool): 01:02.12 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.76	01:03.48	
	00:30.76	00:32.72	
			

Coach feedback:

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Event number: 19: 100M BREASTSTROKE MEN 11+			Heat:5, starttime: 10:00
Heat: 5/24 Lane : 3 Athlete: BOSSUYT LIAS			Q-time: 01:47:18
PB (50m pool): 01:37.96 Molenbeek 01/02/2026			PB (25m pool): no time SB: 01:37.96 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:37.96	
	no time		
			

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11+			Heat:5, starttime: 10:00
Heat: 5/24 Lane : 6 Athlete: HAEZEBROUCK THIJS			Q-time: 01:47:42
PB (50m pool): 01:55.55 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:47.42 SB: no time
	5 0 M	1 0 0 M	
PB	00:54.20	01:55.55	
	00:54.20	01:01.35	
			

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11+			Heat:10, starttime: 10:10
Heat: 10/24 Lane : 2 Athlete: VERSTRYNGE OSCAR			Q-time: 01:32:70
PB (50m pool): 01:39.28 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:32.70 SB: no time
	5 0 M	1 0 0 M	
PB	00:47.00	01:39.28	
	00:47.00	00:52.28	
			

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11+			Heat:15, starttime: 10:20
Heat: 15/24 Lane : 7 Athlete: VERHERSTRAETEN KOBE			Q-time: 01:24:33
PB (50m pool): 01:27.06 Antwerpen 13/07/2025			PB (25m pool): 01:22.81 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.46	01:27.06	
	00:40.46	00:46.60	
			

Coach feedback:

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Event number: 19: 100M BREASTSTROKE MEN 11+			Heat:16, starttime: 10:20
Heat: 16/24 Lane : 5 Athlete: ADAMS HENRY			Q-time: 01:22:35
PB (50m pool): 01:22.35 Antwerp 02/02/2025			PB (25m pool): 01:36.34 SB: 01:28.26 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	00:38.58	01:22.35	
	00:38.58	00:43.77	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:11, starttime: 11:15
Heat: 11/25 Lane : 0 Athlete: CLABAUT ELINA			Q-time: 01:26:78
PB (50m pool): 01:30.47 Molenbeek 01/02/2026			PB (25m pool): 01:26.78 SB: 01:30.47 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:30.47	
	no time		
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:11, starttime: 11:15
Heat: 11/25 Lane : 6 Athlete: DE BUS ANNA-LENA			Q-time: 01:26:03
PB (50m pool): 01:27.70 Antwerpen 15/03/2026			PB (25m pool): 01:26.03 SB: 01:27.70 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.44	01:27.70	
	00:44.44	00:43.26	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:12, starttime: 11:15
Heat: 12/25 Lane : 6 Athlete: EL HACHIMI NORA			Q-time: 01:24:48
PB (50m pool): 01:27.26 Antwerpen 15/03/2026			PB (25m pool): 01:24.48 SB: 01:27.26 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:43.32	01:27.26	
	00:43.32	00:43.94	
			

Coach feedback:

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Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:14, starttime: 11:20
Heat: 14/25 Lane : 2 Athlete: DE WILDE MARGOT			Q-time: 01:22:76
PB (50m pool): 01:23.24 Antwerpen 15/03/2026			PB (25m pool): 01:19.95 SB: 01:23.24 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.60	01:23.24	
	00:41.60	00:41.64	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:16, starttime: 11:25
Heat: 16/25 Lane : 5 Athlete: DE WILDE LORE			Q-time: 01:19:17
PB (50m pool): 01:20.68 Antwerpen 13/07/2025			PB (25m pool): 01:19.17 SB: 01:21.44 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.10	01:20.68	
	00:39.10	00:41.58	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:18, starttime: 11:30
Heat: 18/25 Lane : 0 Athlete: MOXHET TESS			Q-time: 01:18:00
PB (50m pool): 01:19.58 Antwerpen 15/03/2026			PB (25m pool): 01:18.00 SB: 01:19.58 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.96	01:19.58	
	00:39.96	00:39.62	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:22, starttime: 11:35
Heat: 22/25 Lane : 2 Athlete: VERHERSTRAETEN LORE			Q-time: 01:13:06
PB (50m pool): 01:13.13 Antwerpen 20/07/2025			PB (25m pool): 01:11.57 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.23	01:13.13	
	00:36.23	00:36.90	
			

Coach feedback:

SPEEDOMEETING 2026: Session: 4: COACH evaluation sheet for TEAM: DIZV

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:4, starttime: 11:50
Heat: 4/22 Lane : 5 Athlete: HAEZEBROUCK THIJS			Q-time: 01:45:95
PB (50m pool): 01:59.58 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:45.95 SB: no time			
	5 0 M	1 0 0 M	
PB	00:54.61	01:59.58	
	00:54.61	01:04.97	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:4, starttime: 11:50
Heat: 4/22 Lane : 8 Athlete: ADAMS HENRY			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 01:31.51 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:7, starttime: 11:55
Heat: 7/22 Lane : 0 Athlete: VERSTRYNGE OSCAR			Q-time: 01:28:93
PB (50m pool): 01:23.19 Molenbeek 01/02/2026 PB (25m pool): no time SB: 01:23.19 Molenbeek 01/02/2026			
	5 0 M	1 0 0 M	
PB	no time	01:23.19	
	no time		
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:7, starttime: 11:55
Heat: 7/22 Lane : 5 Athlete: BOSSUYT LIAS			Q-time: 01:28:10
PB (50m pool): 01:38.92 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:28.10 SB: no time			
	5 0 M	1 0 0 M	
PB	00:45.41	01:38.92	
	00:45.41	00:53.51	
			

Coach feedback:

SPEEDOMEETING 2026: Session: 4: COACH evaluation sheet for TEAM: DIZV

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:11, starttime: 12:05
Heat: 11/22 Lane : 2 Athlete: VERHERSTRAETEN KOBE			Q-time: 01:17:98
PB (50m pool): 01:17.96 Aalst 20/12/2025			PB (25m pool): 01:16.00 SB: 01:17.96 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:35.04	01:17.96	
	00:35.04	00:42.92	
			

Coach feedback: