

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

Coachinfo: Warming up from: 07:45 untill 08:45. Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Debeuckelaere Sindy HEADCOACH

Coaches: Tieghem Kristof

Coaches: Lefever Valerie

PB => Personal Best time

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

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 09:10
Heat: 7/27 Lane : 2 Athlete: DECAESTECKER OONA			Q-time: 01:19:25
PB (50m pool): 01:15.92 Antwerpen 15/03/2026			PB (25m pool): 01:15.87 SB: 01:15.92 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.12	01:15.92	
	00:36.12	00:39.80	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 09:10
Heat: 7/27 Lane : 8 Athlete: HOSTEN IRIS			Q-time: 01:19:49
PB (50m pool): 01:15.16 Brugge 01/02/2026			PB (25m pool): 01:15.35 SB: 01:15.16 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:35.59	01:15.16	
	00:35.59	00:39.57	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 09:20
Heat: 10/27 Lane : 6 Athlete: TOMMISSEN SIMONAH			Q-time: 01:14:96
PB (50m pool): 01:13.50 Brugge 01/02/2026			PB (25m pool): 01:11.31 SB: 01:13.50 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:36.80	01:13.50	
	00:36.80	00:36.70	
			

Coach feedback:

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Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 09:20
Heat: 11/27 Lane : 1 Athlete: VANDAMME BRITT			Q-time: 01:14:12
PB (50m pool): 01:11.06 Antwerpen 15/03/2026			PB (25m pool): 01:10.49 SB: 01:11.06 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.71	01:11.06	
	00:34.71	00:36.35	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:13, starttime: 09:25
Heat: 13/27 Lane : 2 Athlete: DECEUNINCK EMMA			Q-time: 01:12:05
PB (50m pool): 01:12.05 Charleroi 11/01/2026			PB (25m pool): 01:09.79 SB: 01:12.05 Charleroi 11/01/2026
	5 0 M	1 0 0 M	
PB	00:35.55	01:12.05	
	00:35.55	00:36.50	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:13, starttime: 09:25
Heat: 13/27 Lane : 8 Athlete: GHEKIERE JUNE			Q-time: 01:12:33
PB (50m pool): 01:09.58 Brugge 01/02/2026			PB (25m pool): 01:07.41 SB: 01:09.58 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:33.54	01:09.58	
	00:33.54	00:36.04	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:14, starttime: 09:25
Heat: 14/27 Lane : 7 Athlete: DEMAREST HAILEY			Q-time: 01:11:43
PB (50m pool): 01:10.21 Lago Kortrijk Weide 28/04/2024			PB (25m pool): 01:08.69 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:10.21	
	no time		
			

Coach feedback:

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Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:16, starttime: 09:30
Heat: 16/27 Lane : 4 Athlete: CASTELEYN YANA			Q-time: 01:09:08
PB (50m pool): 01:08.49 Antwerpen 08/03/2026			PB (25m pool): 01:07.52 SB: 01:08.49 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:32.99	01:08.49	
	00:32.99	00:35.50	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:18, starttime: 09:30
Heat: 18/27 Lane : 7 Athlete: DEMUYNCK MARGOT			Q-time: 01:07:98
PB (50m pool): 01:06.92 Antwerpen 15/03/2026			PB (25m pool): 01:05.45 SB: 01:06.92 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.16	01:06.92	
	00:32.16	00:34.76	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:19, starttime: 09:35
Heat: 19/27 Lane : 8 Athlete: THYVELEN LISE			Q-time: 01:07:28
PB (50m pool): 01:07.02 Antwerpen 15/03/2026			PB (25m pool): 01:05.81 SB: 01:07.02 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.03	01:07.02	
	00:32.03	00:34.99	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:20, starttime: 09:35
Heat: 20/27 Lane : 9 Athlete: DELPORTE ELLE			Q-time: 01:06:17
PB (50m pool): 01:05.67 Brugge 01/02/2026			PB (25m pool): 01:03.42 SB: 01:05.67 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:32.42	01:05.67	
	00:32.42	00:33.25	
			

Coach feedback:

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Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:22, starttime: 09:40
Heat: 22/27 Lane : 5 Athlete: NOTREDAME INE			Q-time: 01:04:22
PB (50m pool): 01:04.22 Kortrijk 04/05/2025			PB (25m pool): 01:02.82 SB: 01:04.65 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:31.05	01:04.22	
	00:31.05	00:33.17	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:25, starttime: 09:40
Heat: 25/27 Lane : 8 Athlete: MIGOM LOBKE			Q-time: 01:01:82
PB (50m pool): 01:01.39 Brugge 01/02/2026			PB (25m pool): 00:59.49 SB: 01:01.39 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:29.64	01:01.39	
	00:29.64	00:31.75	
			

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11+			Heat:7, starttime: 10:00
Heat: 7/24 Lane : 6 Athlete: MOERMAN JASPER			Q-time: 01:38:91
PB (50m pool): 01:38.91 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:36.29 SB: 01:40.04 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:47.31	01:38.91	
	00:47.31	00:51.60	
			

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11+			Heat:9, starttime: 10:05
Heat: 9/24 Lane : 1 Athlete: STAELEN QUINTEN			Q-time: 01:35:91
PB (50m pool): 01:22.79 Antwerpen 15/03/2026			PB (25m pool): 01:22.68 SB: 01:22.79 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.16	01:22.79	
	00:39.16	00:43.63	
			

Coach feedback:

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Event number: 19: 100M BREASTSTROKE MEN 11+			Heat:14, starttime: 10:15
Heat: 14/24 Lane : 1 Athlete: DEVRIESE SKY			Q-time: 01:25:92
PB (50m pool): 01:22.22 Antwerpen 15/03/2026			PB (25m pool): 01:21.42 SB: 01:22.22 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.22	01:22.22	
	00:38.22	00:44.00	
			

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11+			Heat:18, starttime: 10:25
Heat: 18/24 Lane : 0 Athlete: DE GRYSE HAMZA			Q-time: 01:20:52
PB (50m pool): 01:19.89 Brugge 01/02/2026			PB (25m pool): 01:15.58 SB: 01:19.89 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:37.24	01:19.89	
	00:37.24	00:42.65	
			

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11+			Heat:23, starttime: 10:35
Heat: 23/24 Lane : 1 Athlete: VANDAMME LUCAS			Q-time: 01:12:90
PB (50m pool): 01:12.90 Antwerpen 13/07/2025			PB (25m pool): 01:11.12 SB: 01:15.59 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:33.84	01:12.90	
	00:33.84	00:39.06	
			

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11+			Heat:24, starttime: 10:35
Heat: 24/24 Lane : 6 Athlete: DELPORTE NIO			Q-time: 01:10:57
PB (50m pool): 01:08.97 Antwerpen 15/03/2026			PB (25m pool): 01:07.09 SB: 01:08.97 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.79	01:08.97	
	00:32.79	00:36.18	
			

Coach feedback:

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Event number: 19: 100M BREASTSTROKE MEN 11+			Heat:24, starttime: 10:35
Heat: 24/24 Lane : 7 Athlete: THYVELEN WOUT			Q-time: 01:12:33
PB (50m pool): 01:09.47 Antwerpen 28/07/2024			PB (25m pool): 01:06.23 SB: 01:12.82 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:09.47	
	no time		
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 10:55
Heat: 2/25 Lane : 0 Athlete: DE DEYNE PAULIEN			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:43.78 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 10:55
Heat: 2/25 Lane : 1 Athlete: DECAESTECKER OONA			Q-time: 99:99:99
PB (50m pool): 01:30.01 Antwerpen 15/03/2026			PB (25m pool): 01:25.25 SB: 01:30.01 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.04	01:30.01	
	00:44.04	00:45.97	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 10:55
Heat: 2/25 Lane : 8 Athlete: DEMAREST JAYDA			Q-time: 99:99:99
PB (50m pool): 01:35.49 Antwerpen 15/03/2026			PB (25m pool): 01:37.68 SB: 01:35.49 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:46.65	01:35.49	
	00:46.65	00:48.84	
			

Coach feedback:

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

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 11:00
Heat: 5/25 Lane : 3 Athlete: HOSTEN IRIS			Q-time: 01:36:24
PB (50m pool): 01:31.02 Brugge 01/02/2026			PB (25m pool): 01:31.59 SB: 01:31.02 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:43.92	01:31.02	
	00:43.92	00:47.10	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:11, starttime: 11:15
Heat: 11/25 Lane : 5 Athlete: DECEUNINCK EMMA			Q-time: 01:25:53
PB (50m pool): 01:24.53 Charleroi 11/01/2026			PB (25m pool): 01:24.05 SB: 01:24.53 Charleroi 11/01/2026
	5 0 M	1 0 0 M	
PB	00:41.27	01:24.53	
	00:41.27	00:43.26	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:12, starttime: 11:15
Heat: 12/25 Lane : 8 Athlete: THYVELEN LISE			Q-time: 01:25:18
PB (50m pool): 01:25.18 Brugge 01/02/2026			PB (25m pool): 01:18.63 SB: 01:25.18 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:41.18	01:25.18	
	00:41.18	00:44.00	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:13, starttime: 11:20
Heat: 13/25 Lane : 0 Athlete: VANDAMME BRITT			Q-time: 01:23:68
PB (50m pool): 01:23.37 Brugge 01/02/2026			PB (25m pool): 01:21.04 SB: 01:23.37 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:41.44	01:23.37	
	00:41.44	00:41.93	
			

Coach feedback:

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

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:14, starttime: 11:20
Heat: 14/25 Lane : 5 Athlete: TOMMISSEN SIMONAH			Q-time: 01:22:20
PB (50m pool): 01:21.99 Brugge 01/02/2026			PB (25m pool): 01:20.42 SB: 01:21.99 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:39.30	01:21.99	
	00:39.30	00:42.69	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:23, starttime: 11:35
Heat: 23/25 Lane : 0 Athlete: DELPORTE ELLE			Q-time: 01:12:22
PB (50m pool): 01:10.67 Antwerpen 08/03/2026			PB (25m pool): 01:09.52 SB: 01:10.67 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:34.22	01:10.67	
	00:34.22	00:36.45	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:25, starttime: 11:40
Heat: 25/25 Lane : 7 Athlete: MIGOM LOBKE			Q-time: 01:10:18
PB (50m pool): 01:09.87 Brugge 01/02/2026			PB (25m pool): 01:06.74 SB: 01:09.87 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:33.74	01:09.87	
	00:33.74	00:36.13	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:25, starttime: 11:40
Heat: 25/25 Lane : 9 Athlete: NOTREDAME INE			Q-time: 01:12:25
PB (50m pool): 01:12.25 Antwerp 09/02/2025			PB (25m pool): 01:09.13 SB: 01:12.97 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:12.25	
	no time		
			

Coach feedback:

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Event number: 21: 100M BUTTERFLY MEN 11+		Heat:21, starttime: 12:20	
Heat: 21/22 Lane : 3 Athlete: DRUANT ANDREAS			Q-time: 00:59:34
PB (50m pool): 00:59.34 Kortrijk 04/05/2025		PB (25m pool): 00:58.32 SB: 01:01.25 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M	
PB	00:27.04	00:59.34	
	00:27.04	00:32.30	
			

Coach feedback: