

SPEEDOMEETING 2026: Session: 5: 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: 24: 200M MEDLEY MEN 11+					Heat:4, starttime: 14:30
Heat: 4/19 Lane : 0 Athlete: HAEZEBROUCK THIJS					Q-time: 03:26:20
PB (50m pool): 03:43.18 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 03:26.20 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:54.29	01:52.54	02:54.25	03:43.18	
	00:54.29	00:58.25	01:01.71	00:48.93	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:7, starttime: 14:40
Heat: 7/19 Lane : 5 Athlete: VERSTRYNGE OSCAR					Q-time: 02:54:92
PB (50m pool): 03:04.91 Molenbeek 01/02/2026 PB (25m pool): 02:54.92 SB: 03:04.91 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	03:04.91	
	no time				
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:8, starttime: 14:45
Heat: 8/19 Lane : 8 Athlete: BOSSUYT LIAS					Q-time: 02:53:92
PB (50m pool): 02:56.59 Molenbeek 01/02/2026 PB (25m pool): 02:53.92 SB: 02:56.59 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	02:56.59	
	no time				
					

Coach feedback:

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Event number: 24: 200M MEDLEY MEN 11+					Heat:11, starttime: 14:55
Heat: 11/19 Lane : 5 Athlete: VERHERSTRAETEN KOBE					Q-time: 02:41:60
PB (50m pool): 02:48.97 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:41.60 SB: no time					
PB	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
	00:35.86	01:21.14	02:12.24	02:48.97	
	00:35.86	00:45.28	00:51.10	00:36.73	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:12, starttime: 15:00
Heat: 12/19 Lane : 1 Athlete: ADAMS HENRY					Q-time: 02:39:26
PB (50m pool): no time PB (25m pool): 02:39.26 SB: no time					
PB	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 15:55	
Heat: 2/10 Lane : 0 Athlete: EL HACHIMI NORA							Q-time: 05:42:56	
PB (50m pool): no time			PB (25m pool): 05:24.43 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
	<i>no time</i>							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 15:55	
Heat: 2/10 Lane : 6 Athlete: MOXHET TESS							Q-time: 05:38:26	
PB (50m pool): 05:45.30 Antwerp 26/01/2025							PB (25m pool): 05:27.49 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	00:38.95	01:22.81	02:08.75	02:52.15	03:36.24	04:19.87	05:04.36	05:45.30
	00:38.95	00:43.86	00:45.94	00:43.40	00:44.09	00:43.63	00:44.49	00:40.94
								

Coach feedback:

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Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 15:55	
Heat: 2/10 Lane : 8 Athlete: DE WILDE MARGOT							Q-time: 05:42:36	
PB (50m pool): 05:48.55 Molenbeek 01/02/2026							PB (25m pool): 05:42.36 SB: 05:48.55 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	01:22.82	no time	02:52.82	no time	no time	no time	05:48.55
	no time							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 16:05	
Heat: 4/10 Lane : 5 Athlete: DE WILDE LORE							Q-time: 05:24:94	
PB (50m pool): no time							PB (25m pool): 05:24.94 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: 26: 400M FREESTYLE WOMEN 11+							Heat:9, starttime: 16:35	
Heat: 9/10 Lane : 6 Athlete: VERHERSTRAETEN LORE							Q-time: 04:50:97	
PB (50m pool): 05:00.15 Molenbeek 01/02/2026							PB (25m pool): 04:50.97 SB: 05:00.15 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	01:08.54	no time	02:25.98	no time	no time	no time	05:00.15
	no time							
								

Coach feedback: