

SPEEDOMEETING 2026: Session: 5: 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: 22: 100M FREESTYLE WOMEN 10-9				Heat:3, starttime: 14:05
Heat: 3/3 Lane : 1 Athlete: VAN DEN BRULLE EBE				Q-time: 01:36:92
PB (50m pool): 01:36.92 Gent 08/02/2026				PB (25m pool): 01:33.31 SB: 01:36.92 Gent 08/02/2026
	5 0 M	1 0 0 M		
PB	00:44.40	01:36.92		
	00:44.40	00:52.52		
				

Coach feedback:

Event number: 23: 200M MEDLEY MEN 10-9					Heat:2, starttime: 14:10
Heat: 2/2 Lane : 5 Athlete: VAN CAENEGEM LARS					Q-time: 03:32:57
PB (50m pool): no time					PB (25m pool): 03:32.57 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: 24: 200M MEDLEY MEN 11+					Heat:3, starttime: 14:25
Heat: 3/19 Lane : 2 Athlete: COSYN MATS					Q-time: 03:37:82
PB (50m pool): no time					PB (25m pool): 03:37.82 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: 24: 200M MEDLEY MEN 11+					Heat:5, starttime: 14:35
Heat: 5/19 Lane : 9 Athlete: ACKE MANU					Q-time: 03:17:80
PB (50m pool): 03:17.80 Gent 08/02/2026					PB (25m pool): 03:05.46 SB: 03:17.80 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.70	01:38.15	02:34.04	03:17.80	
	00:46.70	00:51.45	00:55.89	00:43.76	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:7, starttime: 14:40
Heat: 7/19 Lane : 7 Athlete: DAEM JOPPE					Q-time: 02:55:70
PB (50m pool): 02:55.70 Antwerpen 08/03/2026					PB (25m pool): 03:02.69 SB: 02:55.70 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.01	01:24.22	02:19.40	02:55.70	
	00:39.01	00:45.21	00:55.18	00:36.30	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:8, starttime: 14:45
Heat: 8/19 Lane : 4 Athlete: BECK STANN					Q-time: 02:50:77
PB (50m pool): 02:50.77 Gent 08/02/2026					PB (25m pool): 02:44.60 SB: 02:50.77 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.06	01:24.61	02:13.15	02:50.77	
	00:40.06	00:44.55	00:48.54	00:37.62	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:9, starttime: 14:50
Heat: 9/19 Lane : 5 Athlete: UVYN MAXIM					Q-time: 02:47:50
PB (50m pool): 02:47.50 Gent 08/02/2026					PB (25m pool): 02:55.66 SB: 02:47.50 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.32	01:19.44	02:10.96	02:47.50	
	00:36.32	00:43.12	00:51.52	00:36.54	
					

Coach feedback:

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Event number: 24: 200M MEDLEY MEN 11+				Heat:12, starttime: 15:00	
Heat: 12/19 Lane : 7 Athlete: VANNIEUWENHUYSE LOïC				Q-time: 02:39:22	
PB (50m pool): 02:39.22 Lochristi 01/02/2026				PB (25m pool): 02:38.47 SB: 02:39.22 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	02:39.22	
	no time				
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+				Heat:13, starttime: 15:00	
Heat: 13/19 Lane : 0 Athlete: LIEVENS TIEBE				Q-time: 02:35:78	
PB (50m pool): 02:35.78 Zwembad Brigitte Becue 30/05/2025				PB (25m pool): 02:31.53 SB: 02:35.80 Lochristi 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.65	01:14.02	02:00.88	02:35.78	
	00:32.65	00:41.37	00:46.86	00:34.90	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+				Heat:16, starttime: 15:10	
Heat: 16/19 Lane : 1 Athlete: VAN RAEMDONCK CAMU				Q-time: 02:29:15	
PB (50m pool): 02:29.15 Zwembad Brigitte Becue 30/05/2025				PB (25m pool): 02:26.46 SB: 02:30.54 Lochristi 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.50	01:12.16	01:55.88	02:29.15	
	00:32.50	00:39.66	00:43.72	00:33.27	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+				Heat:16, starttime: 15:10	
Heat: 16/19 Lane : 7 Athlete: DE BIE DAAN				Q-time: 02:29:04	
PB (50m pool): 02:29.04 Antwerpen 08/03/2026				PB (25m pool): 02:31.12 SB: 02:29.04 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.83	01:10.69	01:54.87	02:29.04	
	00:31.83	00:38.86	00:44.18	00:34.17	
					

Coach feedback:

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Event number: 24: 200M MEDLEY MEN 11+				Heat:18, starttime: 15:15	
Heat: 18/19 Lane : 1 Athlete: VAN TRICHT FINN				Q-time: 02:22:98	
PB (50m pool): 02:22.98 Antwerpen 27/07/2025				PB (25m pool): 02:19.68 SB: 02:23.75 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.12	01:10.15	01:51.16	02:22.98	
	00:32.12	00:38.03	00:41.01	00:31.82	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+				Heat:18, starttime: 15:15	
Heat: 18/19 Lane : 5 Athlete: DE SMAELE KEYON				Q-time: 02:22:19	
PB (50m pool): 02:22.19 Antwerpen 27/07/2025				PB (25m pool): 02:16.81 SB: 02:26.30 Gent 08/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.74	01:09.67	01:48.37	02:22.19	
	00:29.74	00:39.93	00:38.70	00:33.82	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+				Heat:19, starttime: 15:20	
Heat: 19/19 Lane : 0 Athlete: VERHEYDEN VINZ				Q-time: 02:20:66	
PB (50m pool): 02:20.66 Antwerpen 27/07/2025				PB (25m pool): 02:20.14 SB: 02:21.19 Gent 08/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.04	01:07.02	01:47.34	02:20.66	
	00:30.04	00:36.98	00:40.32	00:33.32	
					

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 10-9				Heat:3, starttime: 15:45	
Heat: 3/3 Lane : 9 Athlete: VAN DEN BRULLE EBE				Q-time: 02:09:79	
PB (50m pool): no time				PB (25m pool): no time SB: no time	
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

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Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 16:00	
Heat: 3/10 Lane : 0 Athlete: DE SMAELE KENZA							Q-time: 05:36:84	
PB (50m pool): 05:36.84 WACHTEBEKE 19/01/2025				PB (25m pool): 05:23.94 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	01:18.31	no time	02:45.91	no time	no time	no time	05:36.84
	<i>no time</i>							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 16:00	
Heat: 3/10 Lane : 5 Athlete: CANTRé EMILIE							Q-time: 05:31:84	
PB (50m pool): 05:31.84 Lochristi 01/02/2026				PB (25m pool): 05:19.69 SB: 05:31.84 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	01:17.60	no time	02:42.59	no time	no time	no time	05:31.84
	<i>no time</i>							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 16:05	
Heat: 4/10 Lane : 3 Athlete: DE BACKER SOPHIE							Q-time: 05:25:38	
PB (50m pool): 05:25.38 Lochristi 01/02/2026				PB (25m pool): 05:59.14 SB: 05:25.38 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	01:17.25	no time	02:41.72	no time	no time	no time	05:25.38
	<i>no time</i>							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 16:05	
Heat: 4/10 Lane : 8 Athlete: VERBERT KAAT							Q-time: 05:27:86	
PB (50m pool): 05:27.86 LOCHRISTI 25/01/2026				PB (25m pool): no time SB: 05:27.86 LOCHRISTI 25/01/2026				
	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	01:17.03	no time	02:42.64	no time	no time	no time	05:27.86
	<i>no time</i>							
								

Coach feedback:

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Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 16:10	
Heat: 5/10 Lane : 7 Athlete: BOGAERT HANNE							Q-time: 05:21:91	
PB (50m pool): 05:21.91 Antwerpen 20/07/2025				PB (25m pool): 05:13.76SB: 05:30.82 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	00:36.82	01:17.48	01:58.78	02:40.49	03:21.35	04:03.33	04:43.82	05:21.91
	00:36.82	00:40.66	00:41.30	00:41.71	00:40.86	00:41.98	00:40.49	00:38.09
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 16:10	
Heat: 5/10 Lane : 8 Athlete: STORME JADE							Q-time: 05:23:08	
PB (50m pool): 05:23.08 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 05:10.30SB: 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	00:35.16	01:14.88	01:55.93	02:37.19	03:18.64	04:00.92	04:43.53	05:23.08
	00:35.16	00:39.72	00:41.05	00:41.26	00:41.45	00:42.28	00:42.61	00:39.55
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:15	
Heat: 6/10 Lane : 9 Athlete: STORME IEME							Q-time: 05:17:16	
PB (50m pool): 05:17.16 Lochristi 01/02/2026				PB (25m pool): 05:17.52SB: 05:17.16 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	01:14.61	no time	02:35.29	no time	no time	no time	05:17.16
	<i>no time</i>							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 16:25	
Heat: 7/10 Lane : 8 Athlete: BEULENS LOTTE							Q-time: 05:07:67	
PB (50m pool): 05:07.67 Lochristi 01/02/2026				PB (25m pool): 05:11.32SB: 05:07.67 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	01:13.02	no time	02:32.65	no time	no time	no time	05:07.67
	<i>no time</i>							
								

Coach feedback: