

SPEEDOMEETING 2026: Session: 5: COACH evaluation sheet for TEAM: ROSC

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!
PB => Personal Best time SB => Seasons Best time: Season starting point: first of September.

Event number: 22: 100M FREESTYLE WOMEN 10-9			Heat:1, starttime: 14:00
Heat: 1/3 Lane : 4 Athlete: DAUWE EMMA			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:30.79 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	.	.	

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 10-9			Heat:1, starttime: 14:00
Heat: 1/3 Lane : 5 Athlete: GALENS ALICE			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	
PB	no time	no time	
	no time		
	.	.	

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 10-9			Heat:3, starttime: 14:05
Heat: 3/3 Lane : 0 Athlete: DE WILDE ELLA			Q-time: 01:42:11
PB (50m pool): 01:42.11 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:36.42 SB: no time
	5 0 M	1 0 0 M	
PB	00:46.94	01:42.11	
	00:46.94	00:55.17	
	.	.	

Coach feedback:

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Event number: 22: 100M FREESTYLE WOMEN 10-9				Heat:3, starttime: 14:05
Heat: 3/3 Lane : 4 Athlete: BAUWENS ELSA				Q-time: 01:20:75
PB (50m pool): no time		PB (25m pool): 01:20.75 SB: no time		
	5 0 M	1 0 0 M		
PB	no time	no time		
	no time			
				

Coach feedback:

Event number: 23: 200M MEDLEY MEN 10-9					Heat:2, starttime: 14:10
Heat: 2/2 Lane : 2 Athlete: DIEUSAERT SIMON					Q-time: 03:43:06
PB (50m pool): 03:43.06 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:52.74	01:47.99	02:55.41	03:43.06	
	00:52.74	00:55.25	01:07.42	00:47.65	
					

Coach feedback:

Event number: 23: 200M MEDLEY MEN 10-9					Heat:2, starttime: 14:10
Heat: 2/2 Lane : 3 Athlete: QUARTIER QUINN					Q-time: 03:34:00
PB (50m pool): 03:34.00 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.27	01:44.88	02:46.97	03:34.00	
	00:49.27	00:55.61	01:02.09	00:47.03	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:3, starttime: 14:25
Heat: 3/19 Lane : 3 Athlete: DE WILDE BAS					Q-time: 03:31:18
PB (50m pool): 03:31.18 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 03:18.87 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:52.34	01:43.61	02:45.42	03:31.18	
	00:52.34	00:51.27	01:01.81	00:45.76	
					

Coach feedback:

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Event number: 24: 200M MEDLEY MEN 11+					Heat:4, starttime: 14:30
Heat: 4/19 Lane : 8 Athlete: FERKET AIDAN					Q-time: 03:26:11
PB (50m pool): 03:26.11 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.44	01:34.73	02:37.99	03:26.11	
	00:46.44	00:48.29	01:03.26	00:48.12	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:9, starttime: 14:50
Heat: 9/19 Lane : 1 Athlete: STAELENS TYLER					Q-time: 02:49:70
PB (50m pool): 02:49.70 Antwerpen 08/03/2026 PB (25m pool): 02:53.12 SB: 02:49.70 Antwerpen 08/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.54	01:17.98	02:13.58	02:49.70	
	00:35.54	00:42.44	00:55.60	00:36.12	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:9, starttime: 14:50
Heat: 9/19 Lane : 4 Athlete: VANDEVIJVERE LARS					Q-time: 02:46:61
PB (50m pool): 02:46.61 Brugge 01/02/2026 PB (25m pool): 02:52.31 SB: 02:46.61 Brugge 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.09	01:21.48	02:11.68	02:46.61	
	00:38.09	00:43.39	00:50.20	00:34.93	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:10, starttime: 14:50
Heat: 10/19 Lane : 2 Athlete: SEGAERT KOBE					Q-time: 02:45:12
PB (50m pool): 02:51.01 Kortrijk 26/12/2024 PB (25m pool): 02:45.12 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.27	01:23.30	02:12.68	02:51.01	
	00:40.27	00:43.03	00:49.38	00:38.33	
					

Coach feedback:

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Event number: 24: 200M MEDLEY MEN 11+					Heat:10, starttime: 14:50
Heat: 10/19 Lane : 5 Athlete: VANSIELEGHEM JAYDEN					Q-time: 02:43:87
PB (50m pool): 02:43.87 Brugge 01/02/2026					PB (25m pool): 02:38.01 SB: 02:43.87 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.17	01:18.79	02:06.24	02:43.87	
	00:34.17	00:44.62	00:47.45	00:37.63	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:12, starttime: 15:00
Heat: 12/19 Lane : 4 Athlete: VAN CRAEYNEST BAS					Q-time: 02:37:27
PB (50m pool): 02:37.27 Antwerpen 20/07/2025					PB (25m pool): 02:28.99 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.54	01:19.38	02:01.27	02:37.27	
	00:36.54	00:42.84	00:41.89	00:36.00	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:13, starttime: 15:00
Heat: 13/19 Lane : 3 Athlete: DEVOS MATHIS					Q-time: 02:34:28
PB (50m pool): 02:34.28 Brugge 01/02/2026					PB (25m pool): 02:33.25 SB: 02:34.28 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.65	01:12.89	01:59.06	02:34.28	
	00:33.65	00:39.24	00:46.17	00:35.22	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:15, starttime: 15:05
Heat: 15/19 Lane : 2 Athlete: QUARTIER MATISSE					Q-time: 02:30:46
PB (50m pool): 02:30.46 Antwerpen 20/07/2025					PB (25m pool): 02:27.43 SB: 02:31.98 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.19	01:10.22	01:57.61	02:30.46	
	00:32.19	00:38.03	00:47.39	00:32.85	
					

Coach feedback:

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Event number: 24: 200M MEDLEY MEN 11+					Heat:15, starttime: 15:05
Heat: 15/19 Lane : 3 Athlete: DEVOS RHUNE					Q-time: 02:29:99
PB (50m pool): 02:31.25 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:29.91 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.03	01:09.10	01:57.78	02:31.25	
	00:30.03	00:39.07	00:48.68	00:33.47	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:19, starttime: 15:20
Heat: 19/19 Lane : 2 Athlete: PROVOOST MATICE					Q-time: 02:18:73
PB (50m pool): 02:18.73 Antwerpen 27/07/2025 PB (25m pool): 02:16.74 SB: 02:25.06 Antwerpen 22/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.96	01:05.12	01:48.33	02:18.73	
	00:29.96	00:35.16	00:43.21	00:30.40	
					

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 10-9					Heat:1, starttime: 15:35
Heat: 1/3 Lane : 3 Athlete: DAUWE EMMA					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 01:53.95 SB: no time					
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 10-9					Heat:1, starttime: 15:35
Heat: 1/3 Lane : 4 Athlete: BAUWENS ELSA					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			
PB	no time	no time			
	no time				
					

Coach feedback:

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Event number: 25: 100M BREASTSTROKE WOMEN 10-9						Heat:2, starttime: 15:40	
Heat: 2/3 Lane : 2 Athlete: GALENS ALICE						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					
PB	no time	no time					
	no time						
							

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 10-9										Heat:3, starttime: 15:45	
Heat: 3/3 Lane : 8 Athlete: DE WILDE ELLA										Q-time: 02:06:84	
PB (50m pool): 02:06.84 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:02.47 SB: no time											
	5 0 M		1 0 0 M								
PB	01:00.35		02:06.84								
	01:00.35		01:06.49								
											

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+						Heat:1, starttime: 15:45		
Heat: 1/10 Lane : 0 Athlete: DE CLOEDT DELGADO LISA						Q-time: 06:16:16		
PB (50m pool): no time						PB (25m pool): 06:16.16 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:1, starttime: 15:45		
Heat: 1/10 Lane : 1 Athlete: DIEUSAERT ROSELIEN						Q-time: 06:07:37		
PB (50m pool): 06:07.37 Antwerp 26/01/2025						PB (25m pool): 05:39.06 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	00:42.56	01:29.52	02:17.82	03:06.59	03:54.27	04:41.23	05:26.21	06:07.37
	00:42.56	00:46.96	00:48.30	00:48.77	00:47.68	00:46.96	00:44.98	00:41.16
								

Coach feedback:

SPEEDOMEETING 2026: Session: 5: COACH evaluation sheet for TEAM: ROSC

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 15:45	
Heat: 1/10 Lane : 4 Athlete: SEGAERT HANNE							Q-time: 05:43:14	
PB (50m pool): 06:14.20 Kortrijk 26/12/2024				PB (25m pool): 05:43.14SB: 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	00:41.21	01:30.29	02:18.58	03:08.01	03:55.92	04:45.03	05:31.99	06:14.20
	00:41.21	00:49.08	00:48.29	00:49.43	00:47.91	00:49.11	00:46.96	00:42.21
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 15:45	
Heat: 1/10 Lane : 8 Athlete: VANDERBEKE MARILOU							Q-time: 06:13:74	
PB (50m pool): no time			PB (25m pool): 06:13.74SB: 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:1, starttime: 15:45	
Heat: 1/10 Lane : 9 Athlete: VANDEVIJVERE LORE							Q-time: 06:36:23	
PB (50m pool): no time			PB (25m pool): 06:36.23 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 : 3 Athlete: ANTIERENS LOUISE							Q-time: 05:37:87	
PB (50m pool): no time			PB (25m pool): 05:37.87SB: 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:

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Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 15:55	
Heat: 2/10 Lane : 7 Athlete: CANNIERE ERIN							Q-time: 05:42:30	
PB (50m pool): no time			PB (25m pool): 05:42.30 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:3, starttime: 16:00	
Heat: 3/10 Lane : 2 Athlete: VAN CAUWENBERGE LIO							Q-time: 05:33:49	
PB (50m pool): 05:33.49 Brugge 01/02/2026			PB (25m pool): 05:22.56 SB: 05:33.49 Brugge 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	00:37.72	01:19.12	02:01.34	02:43.55	03:26.28	04:09.01	04:52.53	05:33.49
	00:37.72	00:41.40	00:42.22	00:42.21	00:42.73	00:42.73	00:43.52	00:40.96
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:9, starttime: 16:35	
Heat: 9/10 Lane : 2 Athlete: DEPAEPE ELIZE							Q-time: 04:51:77	
PB (50m pool): 04:51.77 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 04:46.83 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	00:33.28	01:10.46	01:48.49	02:26.09	03:04.08	03:41.51	04:17.11	04:51.77
	00:33.28	00:37.18	00:38.03	00:37.60	00:37.99	00:37.43	00:35.60	00:34.66
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:10, starttime: 16:40	
Heat: 10/10 Lane : 5 Athlete: CLAEYS DITTE							Q-time: 04:35:05	
PB (50m pool): 04:35.05 Antwerpen 22/03/2026			PB (25m pool): 04:35.55 SB: 04:35.05 Antwerpen 22/03/2026					
	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	00:30.61	01:04.90	01:39.49	02:14.78	02:49.83	03:25.56	04:00.41	04:35.05
	00:30.61	00:34.29	00:34.59	00:35.29	00:35.05	00:35.73	00:34.85	00:34.64
								

Coach feedback: