

# Fin Henri Lecluyse: Session: 1: COACH evaluation sheet for TEAM: DMI

Coachinfo: Warming up from: 13:30 until 14:20. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Moerman Pieter

Coaches: Van der Elst Astrid HEADCOACH

PB => Personal Best time

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

**Event number: 2: 100M FREESTYLE MEN 10-9** **Heat:1, starttime: 14:35**

**Heat: 1/2 Lane : 4 Athlete: GHYSELBRECHT LEANDER** **Q-time: 01:26:18**

**PB (25m pool): 01:26.18 Zwembad De Treffer 06/04/2026** **PB (50m pool): 01:43.06 SB: 01:26.18 Zwembad De Treffer 06/04/2026**

	25 M	50 M	75 M	100 M	
PB		00:42.36		01:26.18	
	00:42.36		00:43.82		
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Coach feedback:

**Event number: 3: 100M MEDLEY WOMEN 11+** **Heat:2, starttime: 14:42**

**Heat: 2/8 Lane : 2 Athlete: VANDROOGENBROECK CHEYENNE** **Q-time: 01:29:69**

**PB (25m pool): 01:29.69 Diksmuide 08/02/2026** **PB (50m pool): no time SB: 01:29.69 Diksmuide 08/02/2026**

	25 M	50 M	75 M	100 M	
PB		00:42.83		01:29.69	
	00:42.83		00:46.86		
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Coach feedback:

**Event number: 3: 100M MEDLEY WOMEN 11+** **Heat:7, starttime: 14:51**

**Heat: 7/8 Lane : 4 Athlete: VANLANCKER YNTHE** **Q-time: 01:12:16**

**PB (25m pool): 01:12.16 Diksmuide 08/02/2026** **PB (50m pool): no time SB: 01:12.16 Diksmuide 08/02/2026**

	25 M	50 M	75 M	100 M	
PB		00:32.41		01:12.16	
	00:32.41		00:39.75		
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Coach feedback:

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<b>Event number: 4: 100M MEDLEY MEN 11+</b>				<b>Heat:2, starttime: 14:57</b>	
<b>Heat: 2/7 Lane : 6 Athlete: GHYSELBRECHT BENT</b>				<b>Q-time: 01:24:33</b>	
PB (25m pool): 01:24.33 Diksmuide 08/02/2026			PB (50m pool): no time SB: 01:24.33 Diksmuide 08/02/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:39.66		01:24.33	
	00:39.66		00:44.67		
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Coach feedback:

<b>Event number: 4: 100M MEDLEY MEN 11+</b>				<b>Heat:5, starttime: 15:03</b>	
<b>Heat: 5/7 Lane : 2 Athlete: SYRYN JASPER</b>				<b>Q-time: 01:14:02</b>	
PB (25m pool): 01:14.02 Diksmuide 08/02/2026			PB (50m pool): no time SB: 01:14.02 Diksmuide 08/02/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:34.11		01:14.02	
	00:34.11		00:39.91		
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Coach feedback:

<b>Event number: 4: 100M MEDLEY MEN 11+</b>				<b>Heat:5, starttime: 15:03</b>	
<b>Heat: 5/7 Lane : 8 Athlete: VANHOORNE ARNO</b>				<b>Q-time: 01:15:20</b>	
PB (25m pool): 01:15.20 Diksmuide 08/02/2026			PB (50m pool): no time SB: 01:15.20 Diksmuide 08/02/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:33.47		01:15.20	
	00:33.47		00:41.73		
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Coach feedback:

<b>Event number: 4: 100M MEDLEY MEN 11+</b>				<b>Heat:7, starttime: 15:06</b>	
<b>Heat: 7/7 Lane : 8 Athlete: DEBECKER MATHEO</b>				<b>Q-time: 01:07:22</b>	
PB (25m pool): 01:07.22 Diksmuide 08/02/2026			PB (50m pool): no time SB: 01:07.22 Diksmuide 08/02/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:31.65		01:07.22	
	00:31.65		00:35.57		
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Coach feedback:

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<b>Event number: 6: 100M FREESTYLE WOMEN 11+</b>				<b>Heat:1, starttime: 15:14</b>	
<b>Heat: 1/7 Lane : 3 Athlete: VANDROOGENBROECK CHEYENNE</b>				<b>Q-time: 01:18:46</b>	
PB (25m pool): 01:18.46 Zwevegem 11/05/2025			PB (50m pool): 01:17.68 SB: 01:19.23 Zwembad De Treffer 06/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:37.60		01:18.46	
		00:37.60		00:40.86	
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Coach feedback:

<b>Event number: 7: 100M FREESTYLE MEN 11+</b>				<b>Heat:2, starttime: 15:28</b>	
<b>Heat: 2/7 Lane : 2 Athlete: GHYSELBRECHT BENT</b>				<b>Q-time: 01:14:30</b>	
PB (25m pool): 01:14.30 Zwembad De Treffer 06/04/2026			PB (50m pool): 01:13.73 SB: 01:14.30 Zwembad De Treffer 06/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:35.50		01:14.30	
		00:35.50		00:38.80	
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Coach feedback:

<b>Event number: 7: 100M FREESTYLE MEN 11+</b>				<b>Heat:4, starttime: 15:32</b>	
<b>Heat: 4/7 Lane : 4 Athlete: VANHOORNE ARNO</b>				<b>Q-time: 01:04:93</b>	
PB (25m pool): 01:04.93 Diksmuide 28/12/2025			PB (50m pool): 01:04.18 SB: 01:04.93 Diksmuide 28/12/2025		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:31.38		01:04.93	
		00:31.38		00:33.55	
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Coach feedback:

<b>Event number: 7: 100M FREESTYLE MEN 11+</b>				<b>Heat:5, starttime: 15:33</b>	
<b>Heat: 5/7 Lane : 8 Athlete: SYRYN JASPER</b>				<b>Q-time: 01:04:65</b>	
PB (25m pool): 01:04.65 Zwembad De Treffer 06/04/2026			PB (50m pool): 01:04.06 SB: 01:04.65 Zwembad De Treffer 06/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:30.89		01:04.65	
		00:30.89		00:33.76	
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Coach feedback:

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<b>Event number: 7: 100M FREESTYLE MEN 11+</b>				<b>Heat:7, starttime: 15:36</b>	
<b>Heat: 7/7 Lane : 6 Athlete: DEBECKER MATHEO</b>				<b>Q-time: 00:57:00</b>	
PB (25m pool): 00:57.00 Zwembad De Treffer 06/04/2026			PB (50m pool): 00:57.37 SB: 00:57.00 Zwembad De Treffer 06/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:28.11		00:57.00	
	00:28.11		00:28.89		
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Coach feedback:

<b>Event number: 8: 100M BREASTSTROKE WOMEN 11+</b>				<b>Heat:1, starttime: 15:58</b>	
<b>Heat: 1/4 Lane : 6 Athlete: VANDROOGENBROECK CHEYENNE</b>				<b>Q-time: 01:40:28</b>	
PB (25m pool): 01:40.28 Diksmuide 28/12/2025			PB (50m pool): 01:42.79 SB: 01:40.28 Diksmuide 28/12/2025		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:47.82		01:40.28	
	00:47.82		00:52.46		
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Coach feedback:

<b>Event number: 8: 100M BREASTSTROKE WOMEN 11+</b>				<b>Heat:4, starttime: 16:04</b>	
<b>Heat: 4/4 Lane : 2 Athlete: VANLANCKER YNTHE</b>				<b>Q-time: 01:20:12</b>	
PB (25m pool): 01:20.12 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:24.09 SB: 01:20.12 Sint-Amandsberg 19/10/2025		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:37.82		01:20.12	
	00:37.82		00:42.30		
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Coach feedback:

<b>Event number: 10: 100M BREASTSTROKE MIXED 10-9</b>				<b>Heat:1, starttime: 16:11</b>	
<b>Heat: 1/1 Lane : 6 Athlete: GHYSELBRECHT LEANDER</b>				<b>Q-time: 01:51:18</b>	
PB (25m pool): 01:51.18 Zwembad De Treffer 06/04/2026			PB (50m pool): 01:55.83 SB: 01:51.18 Zwembad De Treffer 06/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:53.90		01:51.18	
	00:53.90		00:57.28		
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Coach feedback:

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<b>Event number: 11: 100M BACKSTROKE WOMEN 11+</b>				<b>Heat:3, starttime: 16:19</b>	
<b>Heat: 3/3 Lane : 7 Athlete: VANLANCKER YNTHE</b>				<b>Q-time: 01:11:65</b>	
PB (25m pool): 01:11.65 Temse 17/11/2025			PB (50m pool): 01:14.48 SB: 01:11.65 Temse 17/11/2025		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:34.74		01:11.65	
	00:34.74		00:36.91		
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Coach feedback:

<b>Event number: 12: 100M BACKSTROKE MEN 11+</b>				<b>Heat:2, starttime: 16:24</b>	
<b>Heat: 2/4 Lane : 7 Athlete: GHYSELBRECHT BENT</b>				<b>Q-time: 01:22:50</b>	
PB (25m pool): 01:22.50 Temse 17/11/2025			PB (50m pool): 01:21.17 SB: 01:22.50 Temse 17/11/2025		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:40.38		01:22.50	
	00:40.38		00:42.12		
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Coach feedback:

<b>Event number: 12: 100M BACKSTROKE MEN 11+</b>				<b>Heat:3, starttime: 16:27</b>	
<b>Heat: 3/4 Lane : 4 Athlete: SYRYN JASPER</b>				<b>Q-time: 01:12:17</b>	
PB (25m pool): 01:12.17 Zwembad De Treffer 06/04/2026			PB (50m pool): 01:14.33 SB: 01:12.17 Zwembad De Treffer 06/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:34.97		01:12.17	
	00:34.97		00:37.20		
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Coach feedback:

<b>Event number: 12: 100M BACKSTROKE MEN 11+</b>				<b>Heat:4, starttime: 16:29</b>	
<b>Heat: 4/4 Lane : 5 Athlete: DEBECKER MATHEO</b>				<b>Q-time: 01:04:03</b>	
PB (25m pool): 01:04.03 Diksmuide 28/12/2025			PB (50m pool): 01:06.01 SB: 01:04.03 Diksmuide 28/12/2025		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:31.88		01:04.03	
	00:31.88		00:32.15		
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Coach feedback:

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<b>Event number: 14: 100M BUTTERFLY MEN 11+</b>				<b>Heat:2, starttime: 16:36</b>	
<b>Heat: 2/2 Lane : 7 Athlete: VANHOORNE ARNO</b>				<b>Q-time: 01:13:77</b>	
PB (25m pool): 01:13.77 Zwembad De Treffer 06/04/2026		PB (50m pool): 01:12.20 SB: 01:13.77 Zwembad De Treffer 06/04/2026			
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:34.95		01:13.77	
		00:34.95		00:38.82	
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Coach feedback: