

# PK 50m bad: Session: 2: COACH evaluation sheet for TEAM: DIZV

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

Coaches: Gillain Alexandra

Coaches: Props Pieterjan

Coaches: Geeroms Kristel

Coaches: Van den Bossche Laure

Coaches: Berten Karlien HEADCOACH

Coaches: Dom Elize

Coaches: Verherstraeten Filip

PB => Personal Best time

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

**Event number: 10: 200M BUTTERFLY WOMEN 13+ Heat:1, starttime: 14:30**

**Heat: 1/2 Lane : 2 Athlete: DE WILDE LORE Q-time: 03:16:59**

**PB (50m pool): no time PB (25m pool): 03:16.59 SB: no time**

	50 M	100 M	150 M	200 M
PB	no time	no time	no time	no time
	<i>no time</i>			
	. . . . .	. . . . .	. . . . .	. . . . .

Coach feedback:

**Event number: 12: 100M FREESTYLE WOMEN 11+ Heat:3, starttime: 14:49**

**Heat: 3/16 Lane : 5 Athlete: VANDEROOST ANNA Q-time: 01:23:88**

**PB (50m pool): 01:33.01 Antwerp 02/02/2025 PB (25m pool): 01:23.88 SB: no time**

	50 M	100 M
PB	00:44.78	01:33.01
	<i>00:44.78</i>	<i>00:48.23</i>
	. . . . .	. . . . .

Coach feedback:

**Event number: 12: 100M FREESTYLE WOMEN 11+ Heat:3, starttime: 14:49**

**Heat: 3/16 Lane : 6 Athlete: VANDEROOST CLARA Q-time: 01:26:74**

**PB (50m pool): 01:26.74 Antwerp 02/02/2025 PB (25m pool): 01:17.13 SB: no time**

	50 M	100 M
PB	00:39.78	01:26.74
	<i>00:39.78</i>	<i>00:46.96</i>
	. . . . .	. . . . .

Coach feedback:

# PK 50m bad: Session: 2: COACH evaluation sheet for TEAM: DIZV

<b>Event number: 12: 100M FREESTYLE WOMEN 11+</b>		<b>Heat:4, starttime: 14:51</b>
<b>Heat: 4/16 Lane : 8 Athlete: LA MARCA EMMA</b>		<b>Q-time: 01:22:89</b>
PB (50m pool): 01:31.02 Antwerp 02/02/2025		PB (25m pool): 01:22.89 SB: no time
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	00:44.73	01:31.02
	<i>00:44.73</i>	<i>00:46.29</i>
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Coach feedback:

<b>Event number: 12: 100M FREESTYLE WOMEN 11+</b>		<b>Heat:5, starttime: 14:53</b>
<b>Heat: 5/16 Lane : 6 Athlete: CLABAUT ELINA</b>		<b>Q-time: 01:17:59</b>
PB (50m pool): 01:22.66 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 01:17.59 SB: no time
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	00:40.04	01:22.66
	<i>00:40.04</i>	<i>00:42.62</i>
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Coach feedback:

<b>Event number: 12: 100M FREESTYLE WOMEN 11+</b>		<b>Heat:8, starttime: 14:59</b>
<b>Heat: 8/16 Lane : 7 Athlete: EL HACHIMI NORA</b>		<b>Q-time: 01:12:79</b>
PB (50m pool): no time		PB (25m pool): 01:12.79 SB: no time
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	no time	no time
	<i>no time</i>	
	.....	.....

Coach feedback:

<b>Event number: 13: 100M FREESTYLE MEN 13+</b>		<b>Heat:2, starttime: 15:16</b>
<b>Heat: 2/15 Lane : 7 Athlete: DIMITROV YOAN</b>		<b>Q-time: 01:20:14</b>
PB (50m pool): 01:26.85 Antwerp 02/02/2025		PB (25m pool): 01:20.14 SB: no time
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	00:39.90	01:26.85
	<i>00:39.90</i>	<i>00:46.95</i>
	.....	.....

Coach feedback:

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<b>Event number: 13: 100M FREESTYLE MEN 13+</b>		<b>Heat:7, starttime: 15:25</b>
<b>Heat: 7/15 Lane : 1 Athlete: VERHERSTRAETEN KOBE</b>		<b>Q-time: 01:04:82</b>
PB (50m pool): 01:04.82 Antwerpen 13/07/2025		PB (25m pool): 01:03.56 SB: no time
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	00:31.33	01:04.82
	<i>00:31.33</i>	<i>00:33.49</i>
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Coach feedback:

<b>Event number: 14: 50M BREASTSTROKE WOMEN 13+</b>		<b>Heat:1, starttime: 15:41</b>
<b>Heat: 1/8 Lane : 4 Athlete: LA MARCA EMMA</b>		<b>Q-time: 00:50:78</b>
PB (50m pool): no time		PB (25m pool): 00:50.78 SB: no time
	<b>5 0 M</b>	
PB	no time	
	<i>no time</i>	
	. . . . .	

Coach feedback:

<b>Event number: 14: 50M BREASTSTROKE WOMEN 13+</b>		<b>Heat:2, starttime: 15:43</b>
<b>Heat: 2/8 Lane : 2 Athlete: MOXHET TESS</b>		<b>Q-time: 00:47:41</b>
PB (50m pool): no time		PB (25m pool): 00:47.41 SB: no time
	<b>5 0 M</b>	
PB	no time	
	<i>no time</i>	
	. . . . .	

Coach feedback:

<b>Event number: 14: 50M BREASTSTROKE WOMEN 13+</b>		<b>Heat:2, starttime: 15:43</b>
<b>Heat: 2/8 Lane : 3 Athlete: DE WILDE LORE</b>		<b>Q-time: 00:46:99</b>
PB (50m pool): 00:57.29 Zwembad Brigitte Becue Oostend 19/07/25		PB (25m pool): 00:46.06 SB: no time
	<b>5 0 M</b>	
PB	00:57.29	
	<i>00:57.29</i>	
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Coach feedback:

# PK 50m bad: Session: 2: COACH evaluation sheet for TEAM: DIZV

<b>Event number: 14: 50M BREASTSTROKE WOMEN 13+</b>		<b>Heat:3, starttime: 15:44</b>
<b>Heat: 3/8 Lane : 1 Athlete: DE BUS ANNA-LENA</b>		<b>Q-time: 00:45:75</b>
PB (50m pool): 00:47.75 Molenbeek 30/01/2022 PB (25m pool): 00:45.07 SB: no time		
	<b>5 0 M</b>	
PB	00:47.75	
	<i>00:47.75</i>	
	. . . . .	

Coach feedback:

<b>Event number: 14: 50M BREASTSTROKE WOMEN 13+</b>		<b>Heat:3, starttime: 15:44</b>
<b>Heat: 3/8 Lane : 6 Athlete: EL HACHIMI NORA</b>		<b>Q-time: 00:45:46</b>
PB (50m pool): no time PB (25m pool): 00:45.46 SB: no time		
	<b>5 0 M</b>	
PB	no time	
	<i>no time</i>	
	. . . . .	

Coach feedback:

<b>Event number: 14: 50M BREASTSTROKE WOMEN 13+</b>		<b>Heat:5, starttime: 15:47</b>
<b>Heat: 5/8 Lane : 5 Athlete: DE WILDE MARGOT</b>		<b>Q-time: 00:40:45</b>
PB (50m pool): no time PB (25m pool): 00:40.45 SB: no time		
	<b>5 0 M</b>	
PB	no time	
	<i>no time</i>	
	. . . . .	

Coach feedback:

<b>Event number: 15: 50M BREASTSTROKE MEN 13+</b>		<b>Heat:1, starttime: 15:52</b>
<b>Heat: 1/10 Lane : 5 Athlete: HAEZEBROUCK THIJS</b>		<b>Q-time: 00:50:00</b>
PB (50m pool): no time PB (25m pool): 00:50.00 SB: no time		
	<b>5 0 M</b>	
PB	no time	
	<i>no time</i>	
	. . . . .	

Coach feedback:

# PK 50m bad: Session: 2: COACH evaluation sheet for TEAM: DIZV

<b>Event number: 15: 50M BREASTSTROKE MEN 13+</b>		<b>Heat:2, starttime: 15:53</b>
<b>Heat: 2/10 Lane : 1 Athlete: BOSSUYT LIAS</b>		<b>Q-time: 00:47:68</b>
PB (50m pool): no time		PB (25m pool): 00:47.68 SB: no time
	<b>5 0 M</b>	
PB	no time	
	<i>no time</i>	
	. . . . .	

Coach feedback:

<b>Event number: 15: 50M BREASTSTROKE MEN 13+</b>		<b>Heat:3, starttime: 15:55</b>
<b>Heat: 3/10 Lane : 2 Athlete: DIMITROV YOAN</b>		<b>Q-time: 00:44:02</b>
PB (50m pool): no time		PB (25m pool): 00:44.02 SB: no time
	<b>5 0 M</b>	
PB	no time	
	<i>no time</i>	
	. . . . .	

Coach feedback:

<b>Event number: 15: 50M BREASTSTROKE MEN 13+</b>		<b>Heat:6, starttime: 15:59</b>
<b>Heat: 6/10 Lane : 1 Athlete: ADAMS HENRY</b>		<b>Q-time: 00:38:21</b>
PB (50m pool): 00:46.21 Zwembad Brigitte Becue Oostend 19/05/2025		PB (25m pool): 00:38.21 SB: no time
	<b>5 0 M</b>	
PB	00:46.21	
	<i>00:46.21</i>	
	. . . . .	

Coach feedback:

<b>Event number: 15: 50M BREASTSTROKE MEN 13+</b>		<b>Heat:7, starttime: 16:00</b>
<b>Heat: 7/10 Lane : 3 Athlete: VERHERSTRAETEN KOBE</b>		<b>Q-time: 00:35:39</b>
PB (50m pool): no time		PB (25m pool): 00:35.39 SB: no time
	<b>5 0 M</b>	
PB	no time	
	<i>no time</i>	
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Coach feedback:

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<b>Event number: 16: 100M BACKSTROKE WOMEN 11-12</b>			<b>Heat:4, starttime: 16:27</b>		
<b>Heat: 4/7 Lane : 7 Athlete: VANDEROOST ANNA</b>			<b>Q-time: 01:34:80</b>		
PB (50m pool): no time			PB (25m pool): 01:34.80 SB: no time		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	no time	no time			
	<i>no time</i>				
	.....	.....			

Coach feedback:

<b>Event number: 16: 100M BACKSTROKE WOMEN 11-12</b>			<b>Heat:6, starttime: 16:31</b>		
<b>Heat: 6/7 Lane : 8 Athlete: CLABAUT ELINA</b>			<b>Q-time: 01:26:78</b>		
PB (50m pool): 01:33.28 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:26.78 SB: no time		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	00:46.61	01:33.28			
	<i>00:46.61</i>	<i>00:46.67</i>			
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Coach feedback:

<b>Event number: 17: 400M MEDLEY MEN 13+</b>						<b>Heat:1, starttime: 16:35</b>		
<b>Heat: 1/3 Lane : 5 Athlete: ADAMS HENRY</b>						<b>Q-time: 05:41:33</b>		
PB (50m pool): no time						PB (25m pool): 05:41.33 SB: no time		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	<b>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
PB	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

<b>Event number: 17: 400M MEDLEY MEN 13+</b>						<b>Heat:1, starttime: 16:35</b>		
<b>Heat: 1/3 Lane : 8 Athlete: VERSTRYNGE OSCAR</b>						<b>Q-time: 06:35:24</b>		
PB (50m pool): no time						PB (25m pool): 06:35.24 SB: no time		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	<b>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
PB	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

# PK 50m bad: Session: 2: COACH evaluation sheet for TEAM: DIZV

<b>Event number: 18: 200M MEDLEY WOMEN 13+</b>					<b>Heat:1, starttime: 16:55</b>
<b>Heat: 1/8 Lane : 5 Athlete: DE BUS ANNA-LENA</b>					<b>Q-time: 03:08:23</b>
PB (50m pool): no time			PB (25m pool): 03:08.23 SB: no time		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	
PB	no time	no time	no time	no time	
	<i>no time</i>				
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 19: 4x100M FREESTYLE MEN 11+</b>						<b>Heat:1, starttime: 17:42</b>		
<b>Heat: 1/2 Lane : 6 Athlete: TEAM DIZV</b>						<b>Q-time: 05:09:69</b>		
PB (50m pool):		PB (25m pool):			SB:			
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	<b>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
PB								
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback: