

# PK 50m bad: Session: 3: COACH evaluation sheet for TEAM: DIZV

Coachinfo: Warming up from: 08:20 until . 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: 20: 100M BUTTERFLY MEN 13+ Heat:1, starttime: 09:30**

**Heat: 1/9 Lane : 3 Athlete: PROPS LUKAS Q-time: 02:04:18**

**PB (50m pool): 02:04.18 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): no time SB: no time**

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	00:57.33	02:04.18	
	00:57.33	01:06.85	
	.....	.....	

Coach feedback:

**Event number: 20: 100M BUTTERFLY MEN 13+ Heat:2, starttime: 09:33**

**Heat: 2/9 Lane : 3 Athlete: VERSTRYNGE OSCAR Q-time: 01:28:93**

**PB (50m pool): 01:28.93 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): no time SB: no time**

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	00:40.15	01:28.93	
	00:40.15	00:48.78	
	.....	.....	

Coach feedback:

**Event number: 21: 100M BUTTERFLY WOMEN 13+ Heat:2, starttime: 09:49**

**Heat: 2/5 Lane : 7 Athlete: VANDEROOST CLARA Q-time: 01:29:88**

**PB (50m pool): 01:44.46 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:29.88 SB: no time**

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	00:44.93	01:44.46	
	00:44.93	00:59.53	
	.....	.....	

Coach feedback:

# PK 50m bad: Session: 3: COACH evaluation sheet for TEAM: DIZV

<b>Event number: 21: 100M BUTTERFLY WOMEN 13+</b>		<b>Heat:3, starttime: 09:52</b>	
<b>Heat: 3/5 Lane : 5 Athlete: VERHERSTRAETEN LORE</b>		<b>Q-time: 01:16:63</b>	
PB (50m pool): 01:16.63 Antwerpen 13/07/2025		PB (25m pool): 01:17.39 SB: no time	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:34.77	01:16.63	
	<i>00:34.77</i>	<i>00:41.86</i>	
	.....	.....	

Coach feedback:

<b>Event number: 23: 200M BACKSTROKE WOMEN 13+</b>				<b>Heat:1, starttime: 10:07</b>	
<b>Heat: 1/6 Lane : 7 Athlete: LA MARCA EMMA</b>				<b>Q-time: 03:33:15</b>	
PB (50m pool): 03:33.15 Aalst 20/12/2025			PB (25m pool): 03:51.67 SB: 03:33.15 Aalst 20/12/2025		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	
PB	00:49.92	01:45.10	02:41.71	03:33.15	
	<i>00:49.92</i>	<i>00:55.18</i>	<i>00:56.61</i>	<i>00:51.44</i>	
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 23: 200M BACKSTROKE WOMEN 13+</b>				<b>Heat:3, starttime: 10:15</b>	
<b>Heat: 3/6 Lane : 4 Athlete: MOXHET TESS</b>				<b>Q-time: 02:47:21</b>	
PB (50m pool): 03:13.30 Lago Gent Rozebroeken 05/05/2024			PB (25m pool): 02:47.21 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	03:13.30	
	<i>no time</i>				
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 23: 200M BACKSTROKE WOMEN 13+</b>				<b>Heat:5, starttime: 10:21</b>	
<b>Heat: 5/6 Lane : 2 Athlete: VERHERSTRAETEN LORE</b>				<b>Q-time: 02:36:08</b>	
PB (50m pool): 02:45.16 Antwerpen 20/07/2025			PB (25m pool): 02:36.08 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	00:37.52	01:21.37	02:05.43	02:45.16	
	<i>00:37.52</i>	<i>00:43.85</i>	<i>00:44.06</i>	<i>00:39.73</i>	
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Coach feedback:

# PK 50m bad: Session: 3: COACH evaluation sheet for TEAM: DIZV

<b>Event number: 24: 200M BACKSTROKE MEN 13+</b>					<b>Heat:1, starttime: 10:28</b>
<b>Heat: 1/6 Lane : 5 Athlete: VERSTRYNGE OSCAR</b>					<b>Q-time: 03:13:66</b>
PB (50m pool): no time			PB (25m pool): 03:13.66 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: 24: 200M BACKSTROKE MEN 13+</b>					<b>Heat:1, starttime: 10:28</b>
<b>Heat: 1/6 Lane : 6 Athlete: HAEZEBROUCK THIJS</b>					<b>Q-time: 03:26:85</b>
PB (50m pool): 03:50.91 Molenbeek 18/02/2024			PB (25m pool): 03:26.85 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	03:50.91	
	<i>no time</i>				
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 24: 200M BACKSTROKE MEN 13+</b>					<b>Heat:2, starttime: 10:32</b>
<b>Heat: 2/6 Lane : 1 Athlete: BOSSUYT LIAS</b>					<b>Q-time: 03:09:89</b>
PB (50m pool): 03:09.89 Antwerpen 13/07/2025			PB (25m pool): 03:11.67 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	00:45.83	01:34.31	02:23.77	03:09.89	
	<i>00:45.83</i>	<i>00:48.48</i>	<i>00:49.46</i>	<i>00:46.12</i>	
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 24: 200M BACKSTROKE MEN 13+</b>					<b>Heat:2, starttime: 10:32</b>
<b>Heat: 2/6 Lane : 8 Athlete: PROPS LUKAS</b>					<b>Q-time: 03:10:42</b>
PB (50m pool): 03:31.66 Lago Gent Rozebroeken 05/05/2024			PB (25m pool): 03:10.42 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	03:31.66	
	<i>no time</i>				
	.....	.....	.....	.....	

Coach feedback:

# PK 50m bad: Session: 3: COACH evaluation sheet for TEAM: DIZV

<b>Event number: 24: 200M BACKSTROKE MEN 13+</b>				<b>Heat:4, starttime: 10:39</b>	
<b>Heat: 4/6 Lane : 7 Athlete: VERHERSTRAETEN KOBE</b>				<b>Q-time: 02:42:35</b>	
PB (50m pool): 03:05.88 Molenbeek 18/02/2024			PB (25m pool): 02:42.35 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	03:05.88	
	<i>no time</i>				
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 26: 200M FREESTYLE WOMEN 13+</b>				<b>Heat:1, starttime: 11:17</b>	
<b>Heat: 1/9 Lane : 5 Athlete: LA MARCA EMMA</b>				<b>Q-time: 03:06:89</b>	
PB (50m pool): no time			PB (25m pool): 03:06.89 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: 26: 200M FREESTYLE WOMEN 13+</b>				<b>Heat:2, starttime: 11:21</b>	
<b>Heat: 2/9 Lane : 1 Athlete: VANDEROOST CLARA</b>				<b>Q-time: 02:54:06</b>	
PB (50m pool): 03:32.29 Lago Gent Rozebroeken 05/05/2024			PB (25m pool): 02:54.06 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	03:32.29	
	<i>no time</i>				
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 26: 200M FREESTYLE WOMEN 13+</b>				<b>Heat:3, starttime: 11:24</b>	
<b>Heat: 3/9 Lane : 1 Athlete: DE BUS ANNA-LENA</b>				<b>Q-time: 02:46:46</b>	
PB (50m pool): no time			PB (25m pool): 02:46.46 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:

# PK 50m bad: Session: 3: COACH evaluation sheet for TEAM: DIZV

<b>Event number: 26: 200M FREESTYLE WOMEN 13+</b>				<b>Heat:3, starttime: 11:24</b>	
<b>Heat: 3/9 Lane : 8 Athlete: DE WILDE MARGOT</b>				<b>Q-time: 02:48:02</b>	
PB (50m pool): 02:48.02 Antwerpen 13/07/2025			PB (25m pool): 02:50.85 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	00:38.69	01:23.30	02:08.13	02:48.02	
	<i>00:38.69</i>	<i>00:44.61</i>	<i>00:44.83</i>	<i>00:39.89</i>	
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Coach feedback:

<b>Event number: 26: 200M FREESTYLE WOMEN 13+</b>				<b>Heat:4, starttime: 11:28</b>	
<b>Heat: 4/9 Lane : 2 Athlete: EL HACHIMI NORA</b>				<b>Q-time: 02:38:10</b>	
PB (50m pool): no time			PB (25m pool): 02:38.10 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: 26: 200M FREESTYLE WOMEN 13+</b>				<b>Heat:4, starttime: 11:28</b>	
<b>Heat: 4/9 Lane : 5 Athlete: DE WILDE LORE</b>				<b>Q-time: 02:37:39</b>	
PB (50m pool): 02:37.39 Antwerpen 13/07/2025			PB (25m pool): 02:38.95 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	00:36.16	01:17.34	01:58.28	02:37.39	
	<i>00:36.16</i>	<i>00:41.18</i>	<i>00:40.94</i>	<i>00:39.11</i>	
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 27: 200M FREESTYLE MEN 13+</b>				<b>Heat:4, starttime: 11:57</b>	
<b>Heat: 4/12 Lane : 4 Athlete: VERHERSTRAETEN KOBE</b>				<b>Q-time: 02:28:15</b>	
PB (50m pool): 02:28.15 Aalst 20/12/2025			PB (25m pool): 02:23.46 SB: 02:28.15 Aalst 20/12/2025		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	
PB	00:33.50	01:11.60	01:50.97	02:28.15	
	<i>00:33.50</i>	<i>00:38.10</i>	<i>00:39.37</i>	<i>00:37.18</i>	
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Coach feedback:

# PK 50m bad: Session: 3: COACH evaluation sheet for TEAM: DIZV

Event number: 29: 4x100M MEDLEY MEN 11+							Heat:1, starttime: 12:35	
Heat: 1/2 Lane : 6 Athlete: TEAM DIZV							Q-time: 06:22:99	
PB (50m pool):			PB (25m pool):			SB:		
	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								
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback: