

# PK 50m bad: Session: 4: COACH evaluation sheet for TEAM: DIZV

Coachinfo: Warming up from: 13:20 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: 31: 50M FREESTYLE MEN 13+** Heat:1, starttime: 14:42

Heat: 1/12 Lane : 1 Athlete: HAEZEBROUCK THIJS Q-time: 00:39:22

PB (50m pool): 00:40.41 Molenbeek 18/02/2024 PB (25m pool): 00:39.22 SB: no time

	<b>50 M</b>	
PB	00:40.41	
	00:40.41	
	. . . . .	

Coach feedback:

**Event number: 31: 50M FREESTYLE MEN 13+** Heat:2, starttime: 14:43

Heat: 2/12 Lane : 6 Athlete: PROPS LUKAS Q-time: 00:34:24

PB (50m pool): no time PB (25m pool): 00:34.24 SB: no time

	<b>50 M</b>	
PB	no time	
	no time	
	. . . . .	

Coach feedback:

**Event number: 31: 50M FREESTYLE MEN 13+** Heat:4, starttime: 14:46

Heat: 4/12 Lane : 5 Athlete: ADAMS HENRY Q-time: 00:30:66

PB (50m pool): 00:33.87 Zwembad Brigitte Becue Oostend 19/07/2025 PB (25m pool): 00:30.53 SB: no time

	<b>50 M</b>	
PB	00:33.87	
	00:33.87	
	. . . . .	

Coach feedback:

# PK 50m bad: Session: 4: COACH evaluation sheet for TEAM: DIZV

<b>Event number: 31: 50M FREESTYLE MEN 13+</b>		<b>Heat:4, starttime: 14:46</b>
<b>Heat: 4/12 Lane : 6 Athlete: VERSTRYNGE OSCAR</b>		<b>Q-time: 00:31:14</b>
PB (50m pool): no time		PB (25m pool): 00:31.14 SB: no time
	<b>50 M</b>	
PB	no time	
	<i>no time</i>	
	. . . . .	

Coach feedback:

<b>Event number: 31: 50M FREESTYLE MEN 13+</b>		<b>Heat:8, starttime: 14:50</b>
<b>Heat: 8/12 Lane : 2 Athlete: VERHERSTRAETEN KOBE</b>		<b>Q-time: 00:27:30</b>
PB (50m pool): 00:28.35 Antwerpen 13/07/2025		PB (25m pool): 00:27.30 SB: no time
	<b>50 M</b>	
PB	00:28.35	
	<i>00:28.35</i>	
	. . . . .	

Coach feedback:

<b>Event number: 32: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:2, starttime: 14:56</b>
<b>Heat: 2/12 Lane : 3 Athlete: VANDEROOST CLARA</b>		<b>Q-time: 00:35:68</b>
PB (50m pool): no time		PB (25m pool): 00:35.68 SB: no time
	<b>50 M</b>	
PB	no time	
	<i>no time</i>	
	. . . . .	

Coach feedback:

<b>Event number: 32: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:2, starttime: 14:56</b>
<b>Heat: 2/12 Lane : 6 Athlete: LA MARCA EMMA</b>		<b>Q-time: 00:36:25</b>
PB (50m pool): no time		PB (25m pool): 00:36.25 SB: no time
	<b>50 M</b>	
PB	no time	
	<i>no time</i>	
	. . . . .	

Coach feedback:

# PK 50m bad: Session: 4: COACH evaluation sheet for TEAM: DIZV

<b>Event number: 32: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:3, starttime: 14:57</b>
<b>Heat: 3/12 Lane : 4 Athlete: MOXHET TESS</b>		<b>Q-time: 00:34:17</b>
PB (50m pool): 00:37.40 Molenbeek 18/02/2024		PB (25m pool): 00:34.17 SB: no time
	<b>5 0 M</b>	
PB	00:37.40	
	<i>00:37.40</i>	
	. . . . .	

Coach feedback:

<b>Event number: 32: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:3, starttime: 14:57</b>
<b>Heat: 3/12 Lane : 8 Athlete: EL HACHIMI NORA</b>		<b>Q-time: 00:35:19</b>
PB (50m pool): no time		PB (25m pool): 00:35.19 SB: no time
	<b>5 0 M</b>	
PB	no time	
	<i>no time</i>	
	. . . . .	

Coach feedback:

<b>Event number: 32: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:5, starttime: 15:00</b>
<b>Heat: 5/12 Lane : 7 Athlete: DE WILDE MARGOT</b>		<b>Q-time: 00:32:54</b>
PB (50m pool): 00:36.45 Molenbeek 18/02/2024		PB (25m pool): 00:32.54 SB: no time
	<b>5 0 M</b>	
PB	00:36.45	
	<i>00:36.45</i>	
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Coach feedback:

<b>Event number: 32: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:11, starttime: 15:06</b>
<b>Heat: 11/12 Lane : 4 Athlete: VERHERSTRAETEN LORE</b>		<b>Q-time: 00:28:55</b>
PB (50m pool): 00:31.32 Molenbeek 18/02/2024		PB (25m pool): 00:28.55 SB: no time
	<b>5 0 M</b>	
PB	00:31.32	
	<i>00:31.32</i>	
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Coach feedback:

# PK 50m bad: Session: 4: COACH evaluation sheet for TEAM: DIZV

<b>Event number: 33: 200M BREASTSTROKE MEN 13+</b>				<b>Heat:1, starttime: 15:11</b>	
<b>Heat: 1/5 Lane : 1 Athlete: DIMITROV YOAN</b>				<b>Q-time: 03:43:69</b>	
PB (50m pool): no time			PB (25m pool): 03:21.30 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: 33: 200M BREASTSTROKE MEN 13+</b>				<b>Heat:1, starttime: 15:11</b>	
<b>Heat: 1/5 Lane : 8 Athlete: BOSSUYT LIAS</b>				<b>Q-time: 03:48:81</b>	
PB (50m pool): 03:48.81 Antwerpen 13/07/2025			PB (25m pool): 03:17.07 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	00:53.51	01:51.45	02:52.80	03:48.81	
	<i>00:53.51</i>	<i>00:57.94</i>	<i>01:01.35</i>	<i>00:56.01</i>	
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Coach feedback:

<b>Event number: 33: 200M BREASTSTROKE MEN 13+</b>				<b>Heat:3, starttime: 15:19</b>	
<b>Heat: 3/5 Lane : 2 Athlete: ADAMS HENRY</b>				<b>Q-time: 02:57:30</b>	
PB (50m pool): 03:20.31 Lago Gent Rozebroeken 05/05/2024			PB (25m pool): 02:57.30 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	03:20.31	
	<i>no time</i>				
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 34: 200M BREASTSTROKE WOMEN 13+</b>				<b>Heat:1, starttime: 15:49</b>	
<b>Heat: 1/5 Lane : 3 Athlete: DE WILDE LORE</b>				<b>Q-time: 03:34:52</b>	
PB (50m pool): 03:34.52 Antwerpen 13/07/2025			PB (25m pool): 03:29.32 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	00:49.97	01:44.69	02:39.87	03:34.52	
	<i>00:49.97</i>	<i>00:54.72</i>	<i>00:55.18</i>	<i>00:54.65</i>	
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Coach feedback:

# PK 50m bad: Session: 4: COACH evaluation sheet for TEAM: DIZV

<b>Event number: 34: 200M BREASTSTROKE WOMEN 13+</b>				<b>Heat:2, starttime: 15:53</b>	
<b>Heat: 2/5 Lane : 1 Athlete: DE BUS ANNA-LENA</b>				<b>Q-time: 03:24:53</b>	
PB (50m pool): 03:37.47 Molenbeek 18/02/2024			PB (25m pool): 03:24.53 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	03:37.47	
	<i>no time</i>				
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Coach feedback:

<b>Event number: 34: 200M BREASTSTROKE WOMEN 13+</b>				<b>Heat:2, starttime: 15:53</b>	
<b>Heat: 2/5 Lane : 2 Athlete: DE WILDE MARGOT</b>				<b>Q-time: 03:20:58</b>	
PB (50m pool): 03:20.58 Aalst 20/12/2025			PB (25m pool): 03:36.62 SB: 03:20.58 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	00:46.64	01:38.69	02:30.50	03:20.58	
	<i>00:46.64</i>	<i>00:52.05</i>	<i>00:51.81</i>	<i>00:50.08</i>	
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Coach feedback:

<b>Event number: 34: 200M BREASTSTROKE WOMEN 13+</b>				<b>Heat:2, starttime: 15:53</b>	
<b>Heat: 2/5 Lane : 3 Athlete: VERHERSTRAETEN LORE</b>				<b>Q-time: 03:17:83</b>	
PB (50m pool): 03:17.83 Antwerpen 13/07/2025			PB (25m pool): 03:16.63 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	00:44.32	01:35.69	02:27.28	03:17.83	
	<i>00:44.32</i>	<i>00:51.37</i>	<i>00:51.59</i>	<i>00:50.55</i>	
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Coach feedback:

<b>Event number: 35: 100M BACKSTROKE MEN 11+</b>			<b>Heat:2, starttime: 16:11</b>		
<b>Heat: 2/11 Lane : 7 Athlete: HAEZEBROUCK THIJS</b>			<b>Q-time: 01:36:46</b>		
PB (50m pool): 01:38.40 Lago Gent Rozebroeken 05/05/2024		PB (25m pool): 01:36.46 SB: 01:39.86 Aalst 20/12/2025			
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	no time	01:38.40			
	<i>no time</i>				
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Coach feedback:

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<b>Event number: 35: 100M BACKSTROKE MEN 11+</b>		<b>Heat:3, starttime: 16:13</b>
<b>Heat: 3/11 Lane : 2 Athlete: PROPS LUKAS</b>		<b>Q-time: 01:30:98</b>
PB (50m pool): 01:30.98 Aalst 20/12/2025		PB (25m pool): 01:32.96 SB: 01:30.98 Aalst 20/12/2025
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	00:46.55	01:30.98
	<i>00:46.55</i>	<i>00:44.43</i>
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Coach feedback:

<b>Event number: 35: 100M BACKSTROKE MEN 11+</b>		<b>Heat:6, starttime: 16:20</b>
<b>Heat: 6/11 Lane : 2 Athlete: ADAMS HENRY</b>		<b>Q-time: 01:19:70</b>
PB (50m pool): 01:19.70 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 01:23.49 SB: no time
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	00:38.90	01:19.70
	<i>00:38.90</i>	<i>00:40.80</i>
	.....	.....

Coach feedback:

<b>Event number: 35: 100M BACKSTROKE MEN 11+</b>		<b>Heat:6, starttime: 16:20</b>
<b>Heat: 6/11 Lane : 5 Athlete: VERHERSTRAETEN KOBE</b>		<b>Q-time: 01:18:98</b>
PB (50m pool): 01:18.98 Antwerp 02/02/2025		PB (25m pool): 01:20.74 SB: no time
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	00:38.07	01:18.98
	<i>00:38.07</i>	<i>00:40.91</i>
	.....	.....

Coach feedback:

<b>Event number: 36: 100M BACKSTROKE WOMEN 13+</b>		<b>Heat:3, starttime: 16:35</b>
<b>Heat: 3/9 Lane : 1 Athlete: EL HACHIMI NORA</b>		<b>Q-time: 01:24:48</b>
PB (50m pool): no time		PB (25m pool): 01:24.48 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:

# PK 50m bad: Session: 4: COACH evaluation sheet for TEAM: DIZV

<b>Event number: 36: 100M BACKSTROKE WOMEN 13+</b>			<b>Heat:3, starttime: 16:35</b>		
<b>Heat: 3/9 Lane : 2 Athlete: MOXHET TESS</b>			<b>Q-time: 01:24:13</b>		
PB (50m pool): 01:24.13 Antwerpen 13/07/2025			PB (25m pool): 01:18.00 SB: no time		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	00:41.29	01:24.13			
	<i>00:41.29</i>	<i>00:42.84</i>			
	.....	.....			

Coach feedback:

<b>Event number: 37: 200M MEDLEY MEN 13+</b>				<b>Heat:1, starttime: 16:48</b>	
<b>Heat: 1/8 Lane : 2 Athlete: DIMITROV YOAN</b>				<b>Q-time: 03:18:84</b>	
PB (50m pool): no time				PB (25m pool): 03:18.84 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: 37: 200M MEDLEY MEN 13+</b>				<b>Heat:1, starttime: 16:48</b>	
<b>Heat: 1/8 Lane : 3 Athlete: VERSTRYNGE OSCAR</b>				<b>Q-time: 03:08:81</b>	
PB (50m pool): 03:08.81 Zwembad Brigitte Becue 30/05/2025				PB (25m pool): 02:54.92 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	00:41.98	01:33.56	02:29.40	03:08.81	
	<i>00:41.98</i>	<i>00:51.58</i>	<i>00:55.84</i>	<i>00:39.41</i>	
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Coach feedback:

<b>Event number: 37: 200M MEDLEY MEN 13+</b>				<b>Heat:2, starttime: 16:52</b>	
<b>Heat: 2/8 Lane : 1 Athlete: BOSSUYT LIAS</b>				<b>Q-time: 02:53:92</b>	
PB (50m pool): 03:17.87 Zwembad Brigitte Becue 30/05/2025				PB (25m pool): 02:53.92 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	00:47.49	01:38.60	02:37.38	03:17.87	
	<i>00:47.49</i>	<i>00:51.11</i>	<i>00:58.78</i>	<i>00:40.49</i>	
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Coach feedback:

# PK 50m bad: Session: 4: COACH evaluation sheet for TEAM: DIZV

<b>Event number: 38: 4x100M FREESTYLE WOMEN 11+</b>							<b>Heat:1, starttime: 17:40</b>	
<b>Heat: 1/2 Lane : 2 Athlete: TEAM DIZV 1</b>							<b>Q-time: 05:00:20</b>	
<b>PB (50m pool):</b>			<b>PB (25m pool):</b>			<b>SB:</b>		
	<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>
<b>PB</b>								
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

<b>Event number: 38: 4x100M FREESTYLE WOMEN 11+</b>							<b>Heat:1, starttime: 17:40</b>	
<b>Heat: 1/2 Lane : 3 Athlete: TEAM DIZV 2</b>							<b>Q-time: 04:49:50</b>	
<b>PB (50m pool):</b>			<b>PB (25m pool):</b>			<b>SB:</b>		
	<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>
<b>PB</b>								
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback: