

Memorial Anteunis 25: Session: 1: COACH evaluation sheet for TEAM: GBZ

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ 08:45 Relay line-up input: The listed starttimes are indicative!

Coaches: Wymeersch Helga HEADCOACH

Coaches: Van Goethem Niels

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

Event number: 1: 50M BREASTSTROKE WOMEN 11-17			Heat:9, starttime: 09:10
Heat: 9/11 Lane : 0 Athlete: VINCK ELISE			Q-time: 00:39:16
PB (25m pool): 00:38.28 Gent 23/02/2025			PB (50m pool): 00:41.29 SB: 00:39.16 Lokeren 28/09/2025
	2 5 M	5 0 M	
PB		00:38.28	
	00:38.28		
			

Coach feedback:

Event number: 1: 50M BREASTSTROKE WOMEN 11-17			Heat:9, starttime: 09:10
Heat: 9/11 Lane : 9 Athlete: DE WITTE FIEN			Q-time: 00:39:32
PB (25m pool): 00:38.89 Gent 23/02/2025			PB (50m pool): 00:39.51 SB: no time
	2 5 M	5 0 M	
PB		00:38.89	
	00:38.89		
			

Coach feedback:

Event number: 3: 50M FREESTYLE WOMEN 11-17			Heat:8, starttime: 09:31
Heat: 8/18 Lane : 6 Athlete: VAN PUYVELDE EMMA			Q-time: 00:32:55
PB (25m pool): 00:31.49 Gent 23/02/2025			PB (50m pool): 00:32.67 SB: no time
	2 5 M	5 0 M	
PB		00:31.49	
	00:31.49		
			

Coach feedback:

Memorial Anteunis 25: Session: 1: COACH evaluation sheet for TEAM: GBZ

Event number: 3: 50M FREESTYLE WOMEN 11-17			Heat:12, starttime: 09:35
Heat: 12/18 Lane : 3 Athlete: THIELMAN PAULIEN			Q-time: 00:30:31
PB (25m pool): 00:30.31 Lokeren 28/09/2025			PB (50m pool): 00:30.52 SB: 00:30.31 Lokeren 28/09/2025
	2 5 M	5 0 M	
PB		00:30.31	
	00:30.31		
			

Coach feedback:

Event number: 3: 50M FREESTYLE WOMEN 11-17			Heat:12, starttime: 09:35
Heat: 12/18 Lane : 4 Athlete: DE WITTE FIEN			Q-time: 00:30:21
PB (25m pool): 00:30.21 Lokeren 28/09/2025			PB (50m pool): 00:31.20 SB: 00:30.21 Lokeren 28/09/2025
	2 5 M	5 0 M	
PB		00:30.21	
	00:30.21		
			

Coach feedback:

Event number: 3: 50M FREESTYLE WOMEN 11-17			Heat:12, starttime: 09:35
Heat: 12/18 Lane : 5 Athlete: VINCK ELISE			Q-time: 00:30:22
PB (25m pool): 00:30.00 Gent 23/02/2025			PB (50m pool): 00:30.67 SB: 00:30.35 Lokeren 28/09/2025
	2 5 M	5 0 M	
PB		00:30.00	
	00:30.00		
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 11-17			Heat:6, starttime: 09:47
Heat: 6/16 Lane : 1 Athlete: DE WITTE NIELS			Q-time: 00:32:28
PB (25m pool): 00:31.74 Gent 23/02/2025			PB (50m pool): 00:32.83 SB: no time
	2 5 M	5 0 M	
PB		00:31.74	
	00:31.74		
			

Coach feedback:

Memorial Anteunis 25: Session: 1: COACH evaluation sheet for TEAM: GBZ

Event number: 5: 50M BUTTERFLY WOMEN 11-17			Heat:5, starttime: 10:02
Heat: 5/12 Lane : 5 Athlete: VEREECKEN LARA			Q-time: 00:36:57
PB (25m pool): 00:35.46 Gent 23/02/2025			PB (50m pool): 00:36.24 SB: no time
	2 5 M	5 0 M	
PB		00:35.46	
	00:35.46		
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11-17			Heat:7, starttime: 10:05
Heat: 7/12 Lane : 1 Athlete: DE WITTE FIEN			Q-time: 00:34:30
PB (25m pool): 00:34.30 Lokeren 28/09/2025			PB (50m pool): 00:34.73 SB: 00:34.30 Lokeren 28/09/2025
	2 5 M	5 0 M	
PB		00:34.30	
	00:34.30		
			

Coach feedback:

Event number: 7: 50M BACKSTROKE WOMEN 11-17			Heat:8, starttime: 10:30
Heat: 8/13 Lane : 3 Athlete: VINCK ELISE			Q-time: 00:35:83
PB (25m pool): 00:34.53 Sinbad 05/10/2025			PB (50m pool): 00:34.37 SB: 00:34.53 Sinbad 05/10/2025
	2 5 M	5 0 M	
PB		00:34.53	
	00:34.53		
			

Coach feedback:

Event number: 7: 50M BACKSTROKE WOMEN 11-17			Heat:10, starttime: 10:32
Heat: 10/13 Lane : 9 Athlete: THIELMAN PAULIEN			Q-time: 00:34:73
PB (25m pool): 00:34.43 Gent 23/02/2025			PB (50m pool): 00:36.20 SB: no time
	2 5 M	5 0 M	
PB		00:34.43	
	00:34.43		
			

Coach feedback:

Memorial Anteunis 25: Session: 1: COACH evaluation sheet for TEAM: GBZ

Event number: 8: 50M BACKSTROKE MEN 11-17										Heat:5, starttime: 10:41	
Heat: 5/10 Lane : 9 Athlete: DE WITTE NIELS										Q-time: 00:39:34	
PB (25m pool): 00:38.91 Gent 23/02/2025										PB (50m pool): 00:39.16 SB: no time	
	2 5 M		5 0 M								
PB			00:38.91								
			00:38.91								
											

Coach feedback:

Event number: 9: 400M FREESTYLE WOMEN 11-17							Heat:5, starttime: 11:17	
Heat: 5/10 Lane : 9 Athlete: VEREECKEN LARA							Q-time: 05:40:88	
PB (25m pool): 05:40.88 t Rosco 20/10/2024				PB (50m pool): 05:47.16 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:37.84		01:20.34		02:03.75		02:47.96
	00:37.84		00:42.50		00:43.41		00:44.21	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:31.91		04:16.69		05:00.27		05:40.88
	00:43.95		00:44.78		00:43.58		00:40.61	
								

Coach feedback:

Event number: 9: 400M FREESTYLE WOMEN 11-17							Heat:7, starttime: 11:29	
Heat: 7/10 Lane : 7 Athlete: VAN PUYVELDE EMMA							Q-time: 05:09:72	
PB (25m pool): 05:09.72 Lokeren 05/04/2025				PB (50m pool): 05:13.66 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:33.37		01:10.01		01:48.97		02:28.91
	00:33.37		00:36.64		00:38.96		00:39.94	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:10.18		03:50.73		04:31.04		05:09.72
	00:41.27		00:40.55		00:40.31		00:38.68	
								

Coach feedback: