

Memorial Anteunis 25: Session: 2: COACH evaluation sheet for TEAM: GBZ

Coachinfo: Warming up from: 13:30 untill 14:20. Teamleadmeeting @ 14:15 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: 11: 100M BREASTSTROKE WOMEN 11-17					Heat:8, starttime: 14:46
Heat: 8/13 Lane : 0 Athlete: VEREECKEN LARA					Q-time: 01:31:38
PB (25m pool): 01:31.38 Sinbad 29/12/2024					PB (50m pool): 01:34.42 SB: 01:33.09 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.70		01:31.38	
	00:44.70		00:46.68		
					

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-17					Heat:7, starttime: 15:26
Heat: 7/20 Lane : 9 Athlete: VEREECKEN LARA					Q-time: 01:15:10
PB (25m pool): 01:14.66 Groenenhoek Berchem 03/12/2023					PB (50m pool): 01:13.55 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:14.66	
	no time				
					

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-17					Heat:8, starttime: 15:28
Heat: 8/20 Lane : 0 Athlete: VERHOFSTEDE LENA					Q-time: 01:12:62
PB (25m pool): 01:12.62 Temse 22/12/2024					PB (50m pool): 01:12.54 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.27		01:12.62	
	00:35.27		00:37.35		
					

Coach feedback:

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Event number: 13: 100M FREESTYLE WOMEN 11-17					Heat:13, starttime: 15:36
Heat: 13/20 Lane : 0 Athlete: THIELMAN PAULIEN					Q-time: 01:07:65
PB (25m pool): 01:07.65 DENDERMONDE 23/11/2024					PB (50m pool): 01:07.52 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.44		01:07.65	
	00:32.44		00:35.21		
					

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-17					Heat:13, starttime: 15:36
Heat: 13/20 Lane : 2 Athlete: DE WITTE FIEN					Q-time: 01:07:32
PB (25m pool): 01:07.32 t Rosco 20/10/2024					PB (50m pool): 01:07.15 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:07.32	
	no time				
					

Coach feedback:

Event number: 15: 100M BUTTERFLY WOMEN 11-17					Heat:4, starttime: 16:26
Heat: 4/9 Lane : 9 Athlete: DE WITTE FIEN					Q-time: 01:19:48
PB (25m pool): 01:18.59 Sinbad 05/10/2025					PB (50m pool): 01:22.73 SB: 01:18.59 Sinbad 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.69		01:18.59	
	00:35.69		00:42.90		
					

Coach feedback:

Event number: 15: 100M BUTTERFLY WOMEN 11-17					Heat:7, starttime: 16:31
Heat: 7/9 Lane : 6 Athlete: THIELMAN PAULIEN					Q-time: 01:12:13
PB (25m pool): 01:12.13 Lokeren 05/04/2025					PB (50m pool): 01:23.78 SB: 01:14.26 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.50		01:12.13	
	00:33.50		00:38.63		
					

Coach feedback:

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Event number: 17: 100M BACKSTROKE WOMEN 11-17					Heat:9, starttime: 17:06
Heat: 9/17 Lane : 0 Athlete: VERHOFSTEDE LENA					Q-time: 01:21:46
PB (25m pool): 01:22.24 Temse 22/12/2024					PB (50m pool): 01:25.16 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.10		01:22.24	
	00:40.10		00:42.14		
					

Coach feedback: