

Memorial Anteunis 25: Session: 3: COACH evaluation sheet for TEAM: LZV

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

Coaches: Lammens Tim

Coaches: Van Mieghem Evelien HEADCOACH

Coaches: Felies Jürgen

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

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:9, starttime: 11:38	
Heat: 9/17 Lane : 6 Athlete: LAMMENS ALIX							Q-time: 02:30:92	
PB (25m pool): 02:30.92 Sinbad 16/03/2025				PB (50m pool): 02:28.30 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.14		01:14.47		no time		02:30.92
	00:36.14		00:38.33					
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:3, starttime: 12:11	
Heat: 3/16 Lane : 1 Athlete: ROGIERS LUCAS							Q-time: 02:48:81	
PB (25m pool): no time			PB (50m pool): 02:48.81 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:4, starttime: 12:15	
Heat: 4/16 Lane : 9 Athlete: DE RYBEL ANTHONY							Q-time: 02:43:23	
PB (25m pool): 02:43.23 Sinbad 29/12/2024				PB (50m pool): 02:47.32 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.85		01:19.27		no time		02:43.23
	00:36.85		00:42.42					
								

Coach feedback:

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Event number: 26: 200M FREESTYLE MEN 11-17							Heat:6, starttime: 12:21	
Heat: 6/16 Lane : 0 Athlete: ROGIERS LOUIS							Q-time: 02:31:67	
PB (25m pool): 02:31.67 Sinbad 16/03/2025				PB (50m pool): 02:34.45 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.36		01:14.30		no time		02:31.67
	00:35.36		00:38.94					
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:7, starttime: 12:24	
Heat: 7/16 Lane : 6 Athlete: VAN LAERE JUUL							Q-time: 02:25:81	
PB (25m pool): 02:25.81 t Rosco 20/10/2024				PB (50m pool): 02:24.71 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.34		01:10.91		01:48.99		02:25.81
	00:34.34		00:36.57		00:38.08		00:36.82	
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:8, starttime: 12:27	
Heat: 8/16 Lane : 5 Athlete: VERHENNE TIM							Q-time: 02:22:31	
PB (25m pool): 02:22.31 Sinbad 16/03/2025				PB (50m pool): 02:21.99 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:32.77		01:09.56		no time		02:22.31
	00:32.77		00:36.79					
								

Coach feedback: