

# Midwintertest: Session: 1: COACH evaluation sheet for TEAM: DDAT

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ 13:45 The listed starttimes are indicative!

Coaches: Sciaens Elisabeth HEADCOACH

Coaches: Claes Steven

PB => Personal Best time

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

| Event number: 1: 100M BUTTERFLY WOMEN            |           |           | Heat:1, starttime: 14:00            |
|--------------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 1/2 Lane : 3 Athlete: WYFFELS LOUISE MARIE |           |           | Q-time: 01:21:72                    |
| PB (50m pool): 01:21.72 Antwerpen 20/07/2025     |           |           | PB (25m pool): 01:21.03 SB: no time |
|                                                  | 5 0 M     | 1 0 0 M   |                                     |
| PB                                               | 00:37.06  | 01:21.72  |                                     |
|                                                  | 00:37.06  | 00:44.66  |                                     |
|                                                  | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 1: 100M BUTTERFLY WOMEN        |           |           | Heat:1, starttime: 14:00           |
|----------------------------------------------|-----------|-----------|------------------------------------|
| Heat: 1/2 Lane : 8 Athlete: VERMEIR JOSEFIEN |           |           | Q-time: 01:50:09                   |
| PB (50m pool): 01:50.09 Antwerpen 13/07/2025 |           |           | PB (25m pool): no time SB: no time |
|                                              | 5 0 M     | 1 0 0 M   |                                    |
| PB                                           | 00:51.35  | 01:50.09  |                                    |
|                                              | 00:51.35  | 00:58.74  |                                    |
|                                              | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 3: 100M BACKSTROKE WOMEN       |           |           | Heat:3, starttime: 14:15            |
|----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 3/5 Lane : 1 Athlete: VERMOESEN ESTÉE  |           |           | Q-time: 01:30:41                    |
| PB (50m pool): 01:30.41 Antwerpen 13/07/2025 |           |           | PB (25m pool): 01:27.45 SB: no time |
|                                              | 5 0 M     | 1 0 0 M   |                                     |
| PB                                           | 00:45.01  | 01:30.41  |                                     |
|                                              | 00:45.01  | 00:45.40  |                                     |
|                                              | . . . . . | . . . . . |                                     |

Coach feedback:

# Midwintertest: Session: 1: COACH evaluation sheet for TEAM: DDAT

| Event number: 3: 100M BACKSTROKE WOMEN                                                              |           |           | Heat:4, starttime: 14:17 |
|-----------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 4/5 Lane : 3 Athlete: VAN CAMBERG ELENA                                                       |           |           | Q-time: 01:18:00         |
| PB (50m pool): 01:18.00 Olympic Pool Wezenberg, Antwer 30/07/25 PB (25m pool): 01:24.04 SB: no time |           |           |                          |
|                                                                                                     | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                  | 00:37.06  | 01:18.00  |                          |
|                                                                                                     | 00:37.06  | 00:40.94  |                          |
|                                                                                                     | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 3: 100M BACKSTROKE WOMEN                                           |           |           | Heat:4, starttime: 14:17 |
|----------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 4/5 Lane : 4 Athlete: FRANCKX MARGAUX                                      |           |           | Q-time: 01:16:86         |
| PB (50m pool): 01:16.86 Antwerpen 13/07/2025 PB (25m pool): 01:14.36 SB: no time |           |           |                          |
|                                                                                  | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                               | 00:37.92  | 01:16.86  |                          |
|                                                                                  | 00:37.92  | 00:38.94  |                          |
|                                                                                  | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 3: 100M BACKSTROKE WOMEN                                           |           |           | Heat:5, starttime: 14:19 |
|----------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 5/5 Lane : 2 Athlete: TRIOEN JOKE                                          |           |           | Q-time: 01:14:78         |
| PB (50m pool): 01:14.78 Antwerpen 13/07/2025 PB (25m pool): 01:11.27 SB: no time |           |           |                          |
|                                                                                  | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                               | 00:36.65  | 01:14.78  |                          |
|                                                                                  | 00:36.65  | 00:38.13  |                          |
|                                                                                  | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 4: 100M BACKSTROKE MEN                                                         |           |           | Heat:3, starttime: 14:27 |
|----------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 3/3 Lane : 2 Athlete: SEGHERS MICHIEL                                                  |           |           | Q-time: 01:08:86         |
| PB (50m pool): 01:08.86 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:04.54 SB: no time |           |           |                          |
|                                                                                              | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                           | 00:33.38  | 01:08.86  |                          |
|                                                                                              | 00:33.38  | 00:35.48  |                          |
|                                                                                              | . . . . . | . . . . . |                          |

Coach feedback:

# Midwintertest: Session: 1: COACH evaluation sheet for TEAM: DDAT

| Event number: 5: 100M BREASTSTROKE WOMEN                                                     |           |           | Heat:3, starttime: 14:34 |
|----------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 3/4 Lane : 8 Athlete: DE PRATER JUNO                                                   |           |           | Q-time: 01:32:25         |
| PB (50m pool): 01:32.25 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:31.42 SB: no time |           |           |                          |
|                                                                                              | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                           | 00:42.32  | 01:32.25  |                          |
|                                                                                              | 00:42.32  | 00:49.93  |                          |
|                                                                                              | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 5: 100M BREASTSTROKE WOMEN                                         |           |           | Heat:4, starttime: 14:36 |
|----------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 4/4 Lane : 5 Athlete: VAN DER MEEREN LOTTE                                 |           |           | Q-time: 01:19:41         |
| PB (50m pool): 01:19.41 Antwerpen 27/07/2025 PB (25m pool): 01:17.73 SB: no time |           |           |                          |
|                                                                                  | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                               | 00:37.14  | 01:19.41  |                          |
|                                                                                  | 00:37.14  | 00:42.27  |                          |
|                                                                                  | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 6: 100M BREASTSTROKE MEN                                           |           |           | Heat:1, starttime: 14:38 |
|----------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 1/3 Lane : 4 Athlete: DE MESMAEKER LOANN                                   |           |           | Q-time: 01:33:99         |
| PB (50m pool): 01:33.99 Antwerpen 13/07/2025 PB (25m pool): 01:31.34 SB: no time |           |           |                          |
|                                                                                  | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                               | 00:44.76  | 01:33.99  |                          |
|                                                                                  | 00:44.76  | 00:49.23  |                          |
|                                                                                  | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 6: 100M BREASTSTROKE MEN                                           |           |           | Heat:2, starttime: 14:41 |
|----------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 2/3 Lane : 3 Athlete: DELCOIGNE NATHAN                                     |           |           | Q-time: 01:23:00         |
| PB (50m pool): 01:23.00 Antwerpen 13/07/2025 PB (25m pool): 01:18.26 SB: no time |           |           |                          |
|                                                                                  | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                               | 00:38.75  | 01:23.00  |                          |
|                                                                                  | 00:38.75  | 00:44.25  |                          |
|                                                                                  | . . . . . | . . . . . |                          |

Coach feedback:

# Midwintertest: Session: 1: COACH evaluation sheet for TEAM: DDAT

| Event number: 6: 100M BREASTSTROKE MEN          |           |           | Heat:3, starttime: 14:43            |
|-------------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 3/3 Lane : 6 Athlete: VANSTECHELMAN LUCAS |           |           | Q-time: 01:18:41                    |
| PB (50m pool): 01:18.41 Antwerpen 20/07/2025    |           |           | PB (25m pool): 01:12.73 SB: no time |
|                                                 | 5 0 M     | 1 0 0 M   |                                     |
| PB                                              | 00:36.58  | 01:18.41  |                                     |
|                                                 | 00:36.58  | 00:41.83  |                                     |
|                                                 | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 7: 100M FREESTYLE WOMEN        |           |           | Heat:1, starttime: 14:45            |
|----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 1/2 Lane : 6 Athlete: TRONCKOE BENTE   |           |           | Q-time: 01:23:02                    |
| PB (50m pool): 01:23.02 Antwerpen 13/07/2025 |           |           | PB (25m pool): 01:17.79 SB: no time |
|                                              | 5 0 M     | 1 0 0 M   |                                     |
| PB                                           | 00:39.43  | 01:23.02  |                                     |
|                                              | 00:39.43  | 00:43.59  |                                     |
|                                              | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 7: 100M FREESTYLE WOMEN         |           |           | Heat:2, starttime: 14:47            |
|-----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 2/2 Lane : 5 Athlete: CIOBANU ANASTASIA |           |           | Q-time: 01:01:97                    |
| PB (50m pool): 01:01.97 Antwerpen 28/07/2024  |           |           | PB (25m pool): 00:58.85 SB: no time |
|                                               | 5 0 M     | 1 0 0 M   |                                     |
| PB                                            | no time   | 01:01.97  |                                     |
|                                               | no time   |           |                                     |
|                                               | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 7: 100M FREESTYLE WOMEN        |           |           | Heat:2, starttime: 14:47            |
|----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 2/2 Lane : 6 Athlete: NSUBUGA SOFIA    |           |           | Q-time: 01:06:03                    |
| PB (50m pool): 01:06.03 Antwerpen 20/07/2025 |           |           | PB (25m pool): 01:05.01 SB: no time |
|                                              | 5 0 M     | 1 0 0 M   |                                     |
| PB                                           | 00:31.95  | 01:06.03  |                                     |
|                                              | 00:31.95  | 00:34.08  |                                     |
|                                              | . . . . . | . . . . . |                                     |

Coach feedback:

# Midwintertest: Session: 1: COACH evaluation sheet for TEAM: DDAT

| Event number: 8: 100M FREESTYLE MEN                                                          |           |           |  | Heat:1, starttime: 14:49 |
|----------------------------------------------------------------------------------------------|-----------|-----------|--|--------------------------|
| Heat: 1/3 Lane : 3 Athlete: VANDEPITTE KYAN                                                  |           |           |  | Q-time: 01:20:13         |
| PB (50m pool): 01:20.13 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:15.09 SB: no time |           |           |  |                          |
|                                                                                              | 5 0 M     | 1 0 0 M   |  |                          |
| PB                                                                                           | 00:39.40  | 01:20.13  |  |                          |
|                                                                                              | 00:39.40  | 00:40.73  |  |                          |
|                                                                                              | . . . . . | . . . . . |  |                          |

Coach feedback:

| Event number: 9: 200M MEDLEY WOMEN                                               |           |           |           |           | Heat:2, starttime: 14:59 |
|----------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 2/3 Lane : 2 Athlete: NDIAYE MAï                                           |           |           |           |           | Q-time: 03:08:65         |
| PB (50m pool): 03:08.65 Antwerpen 20/07/2025 PB (25m pool): 03:02.65 SB: no time |           |           |           |           |                          |
|                                                                                  | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                          |
| PB                                                                               | 00:39.93  | 01:28.39  | 02:23.32  | 03:08.65  |                          |
|                                                                                  | 00:39.93  | 00:48.46  | 00:54.93  | 00:45.33  |                          |
|                                                                                  | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 9: 200M MEDLEY WOMEN                                               |           |           |           |           | Heat:2, starttime: 14:59 |
|----------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 2/3 Lane : 7 Athlete: DELCOIGNE ELLA                                       |           |           |           |           | Q-time: 03:09:59         |
| PB (50m pool): 03:09.59 Antwerpen 20/07/2025 PB (25m pool): 03:08.99 SB: no time |           |           |           |           |                          |
|                                                                                  | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                          |
| PB                                                                               | 00:40.42  | 01:29.07  | 02:27.41  | 03:09.59  |                          |
|                                                                                  | 00:40.42  | 00:48.65  | 00:58.34  | 00:42.18  |                          |
|                                                                                  | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 9: 200M MEDLEY WOMEN                                                                    |           |           |           |           | Heat:3, starttime: 15:03 |
|-------------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 3/3 Lane : 1 Athlete: BARRAGAN NENA                                                             |           |           |           |           | Q-time: 02:49:06         |
| PB (50m pool): 02:48.80 Zwembad Brigitte Becue Oostend 19/05/2025 PB (25m pool): 02:43.23 SB: no time |           |           |           |           |                          |
|                                                                                                       | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                          |
| PB                                                                                                    | no time   | no time   | no time   | 02:48.80  |                          |
|                                                                                                       | no time   |           |           |           |                          |
|                                                                                                       | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

# Midwintertest: Session: 1: COACH evaluation sheet for TEAM: DDAT

| Event number: 9: 200M MEDLEY WOMEN           |           |           |           |           | Heat:3, starttime: 15:03            |
|----------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 3/3 Lane : 8 Athlete: FRANCKX MARGAUX  |           |           |           |           | Q-time: 02:52:09                    |
| PB (50m pool): 02:52.09 Antwerpen 13/07/2025 |           |           |           |           | PB (25m pool): 02:45.83 SB: no time |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                     |
| PB                                           | 00:33.91  | 01:17.27  | 02:11.40  | 02:52.09  |                                     |
|                                              | 00:33.91  | 00:43.36  | 00:54.13  | 00:40.69  |                                     |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 10: 200M MEDLEY MEN            |           |           |           |           | Heat:1, starttime: 15:07            |
|----------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 1/3 Lane : 5 Athlete: JACQUEMYNS LEWIS |           |           |           |           | Q-time: 03:36:99                    |
| PB (50m pool): 03:36.99 Antwerpen 13/07/2025 |           |           |           |           | PB (25m pool): 03:51.31 SB: no time |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                     |
| PB                                           | 00:51.32  | 01:46.63  | 02:51.31  | 03:36.99  |                                     |
|                                              | 00:51.32  | 00:55.31  | 01:04.68  | 00:45.68  |                                     |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 10: 200M MEDLEY MEN            |           |           |           |           | Heat:2, starttime: 15:11            |
|----------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 2/3 Lane : 7 Athlete: VERHASSELT LARS  |           |           |           |           | Q-time: 02:56:75                    |
| PB (50m pool): 02:56.75 Antwerpen 13/07/2025 |           |           |           |           | PB (25m pool): 02:55.65 SB: no time |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                     |
| PB                                           | 00:38.18  | 01:22.98  | 02:16.62  | 02:56.75  |                                     |
|                                              | 00:38.18  | 00:44.80  | 00:53.64  | 00:40.13  |                                     |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 10: 200M MEDLEY MEN            |           |           |           |           | Heat:3, starttime: 15:15            |
|----------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 3/3 Lane : 7 Athlete: PUTTAERT ARTHUR  |           |           |           |           | Q-time: 02:31:87                    |
| PB (50m pool): 02:31.87 Antwerpen 13/07/2025 |           |           |           |           | PB (25m pool): 02:29.59 SB: no time |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                     |
| PB                                           | 00:32.55  | 01:12.01  | 01:56.99  | 02:31.87  |                                     |
|                                              | 00:32.55  | 00:39.46  | 00:44.98  | 00:34.88  |                                     |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

# Midwintertest: Session: 1: COACH evaluation sheet for TEAM: DDAT

| Event number: 10: 200M MEDLEY MEN            |           |           |           |           | Heat:3, starttime: 15:15            |
|----------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 3/3 Lane : 8 Athlete: TRONCKOE KOBE    |           |           |           |           | Q-time: 02:41:05                    |
| PB (50m pool): 02:41.05 Antwerpen 13/07/2025 |           |           |           |           | PB (25m pool): 02:35.59 SB: no time |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                     |
| PB                                           | 00:34.47  | 01:15.14  | 02:05.26  | 02:41.05  |                                     |
|                                              | 00:34.47  | 00:40.67  | 00:50.12  | 00:35.79  |                                     |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 13: 400M FREESTYLE WOMEN           |           |           |           |                                     |           |           | Heat:2, starttime: 15:30 |           |
|--------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/3    Lane : 3    Athlete: DELCOIGNE ELLA |           |           |           |                                     |           |           | Q-time: 05:56:43         |           |
| PB (50m pool): 05:56.43    Antwerpen 20/07/2025  |           |           |           | PB (25m pool): 05:51.57 SB: no time |           |           |                          |           |
|                                                  | 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                                               | 00:38.88  | 01:23.35  | 02:09.18  | 02:55.62                            | 03:41.17  | 04:27.17  | 05:12.01                 | 05:56.43  |
|                                                  | 00:38.88  | 00:44.47  | 00:45.83  | 00:46.44                            | 00:45.55  | 00:46.00  | 00:44.84                 | 00:44.42  |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 13: 400M FREESTYLE WOMEN          |           |           |           |           |           |           | Heat:2, starttime: 15:30            |           |
|-------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|-------------------------------------|-----------|
| Heat: 2/3    Lane : 4    Athlete: NDIAYE MAï    |           |           |           |           |           |           | Q-time: 05:46:59                    |           |
| PB (50m pool): 05:46.59    Antwerpen 20/07/2025 |           |           |           |           |           |           | PB (25m pool): 05:39.81 SB: no time |           |
|                                                 | 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                                              | 00:38.91  | 01:22.74  | 02:06.31  | 02:51.42  | 03:35.74  | 04:20.38  | 05:04.04                            | 05:46.59  |
|                                                 | 00:38.91  | 00:43.83  | 00:43.57  | 00:45.11  | 00:44.32  | 00:44.64  | 00:43.66                            | 00:42.55  |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . |

Coach feedback:

| Event number: 13: 400M FREESTYLE WOMEN             |           |           |                                     |           |           |           | Heat:2, starttime: 15:30 |           |
|----------------------------------------------------|-----------|-----------|-------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 2/3    Lane : 8    Athlete: VERMEIR JOSEFIEN |           |           |                                     |           |           |           | Q-time: 99:99:99         |           |
| PB (50m pool): no time                             |           |           | PB (25m pool): 06:05.05 SB: no time |           |           |           |                          |           |
|                                                    | 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                                                 | no time   | no time   | no time                             | no time   | no time   | no time   | no time                  | no time   |
|                                                    | no time   |           |                                     |           |           |           |                          |           |
|                                                    | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# Midwintertest: Session: 1: COACH evaluation sheet for TEAM: DDAT

| Event number: 13: 400M FREESTYLE WOMEN          |           |           |           |                                     |           |           | Heat:3, starttime: 15:37 |           |
|-------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/3    Lane : 3    Athlete: BARRAGAN NENA |           |           |           |                                     |           |           | Q-time: 05:13:39         |           |
| PB (50m pool): 05:13.39    Antwerp 28/01/2024   |           |           |           | PB (25m pool): 05:00.51 SB: no time |           |           |                          |           |
|                                                 | 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                                              | no time   | no time   | no time   | no time                             | no time   | no time   | no time                  | 05:13.39  |
|                                                 | no time   |           |           |                                     |           |           |                          |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 14: 400M FREESTYLE MEN                 |           |           |           |                                     |           |           | Heat:1, starttime: 15:44 |           |
|------------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 1/2    Lane : 4    Athlete: DE MESMAEKER LOANN |           |           |           |                                     |           |           | Q-time: 06:02:20         |           |
| PB (50m pool): 06:02.20    Antwerpen 14/07/2024      |           |           |           | PB (25m pool): 05:35.22 SB: no time |           |           |                          |           |
|                                                      | 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                                                   | no time   | no time   | no time   | no time                             | no time   | no time   | no time                  | 06:02.20  |
|                                                      | no time   |           |           |                                     |           |           |                          |           |
|                                                      | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 14: 400M FREESTYLE MEN              |           |           |           |                                     |           |           | Heat:2, starttime: 15:50 |           |
|---------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/2    Lane : 2    Athlete: JACQUEMYNS KOBE |           |           |           |                                     |           |           | Q-time: 05:10:96         |           |
| PB (50m pool): 05:10.96    Antwerpen 20/07/2025   |           |           |           | PB (25m pool): 05:15.95 SB: no time |           |           |                          |           |
|                                                   | 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                                                | 00:35.64  | 01:15.60  | 01:54.63  | 02:35.22                            | 03:14.64  | 03:54.96  | 04:35.08                 | 05:10.96  |
|                                                   | 00:35.64  | 00:39.96  | 00:39.03  | 00:40.59                            | 00:39.42  | 00:40.32  | 00:40.12                 | 00:35.88  |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 16: 400M MEDLEY MEN                 |           |           |           |                                     |           |           | Heat:1, starttime: 16:04 |           |
|---------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 1/1    Lane : 3    Athlete: PUTTAERT ARTHUR |           |           |           |                                     |           |           | Q-time: 05:30:38         |           |
| PB (50m pool): 05:30.38    Mol 22/06/2025         |           |           |           | PB (25m pool): 05:16.79 SB: no time |           |           |                          |           |
|                                                   | 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                                                | 00:35.24  | 01:18.22  | 02:01.70  | 02:43.05                            | 03:27.88  | 04:15.48  | 04:53.51                 | 05:30.38  |
|                                                   | 00:35.24  | 00:42.98  | 00:43.48  | 00:41.35                            | 00:44.83  | 00:47.60  | 00:38.03                 | 00:36.87  |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# Midwintertest: Session: 1: COACH evaluation sheet for TEAM: DDAT

| Event number: 19: 200M BACKSTROKE WOMEN      |         |         |         |          | Heat:3, starttime: 16:26            |
|----------------------------------------------|---------|---------|---------|----------|-------------------------------------|
| Heat: 3/3 Lane : 3 Athlete: TRIOEN JOKE      |         |         |         |          | Q-time: 02:37:82                    |
| PB (50m pool): 02:37.82 Antwerpen 14/07/2024 |         |         |         |          | PB (25m pool): 02:35.42 SB: no time |
|                                              | 5 0 M   | 1 0 0 M | 1 5 0 M | 2 0 0 M  |                                     |
| PB                                           | no time | no time | no time | 02:37.82 |                                     |
|                                              | no time |         |         |          |                                     |
|                                              | .....   | .....   | .....   | .....    |                                     |

Coach feedback:

| Event number: 19: 200M BACKSTROKE WOMEN                  |          |          |          |          | Heat:3, starttime: 16:26            |
|----------------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 3/3 Lane : 4 Athlete: CIOBANU ANASTASIA            |          |          |          |          | Q-time: 02:35:05                    |
| PB (50m pool): 02:35.05 Lago Gent Rozebroeken 04/05/2025 |          |          |          |          | PB (25m pool): 02:26.49 SB: no time |
|                                                          | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                     |
| PB                                                       | 00:36.20 | 01:15.76 | 01:55.98 | 02:35.05 |                                     |
|                                                          | 00:36.20 | 00:39.56 | 00:40.22 | 00:39.07 |                                     |
|                                                          | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 20: 200M BACKSTROKE MEN       |         |         |         |         | Heat:1, starttime: 16:30            |
|---------------------------------------------|---------|---------|---------|---------|-------------------------------------|
| Heat: 1/3 Lane : 5 Athlete: VANDEPITTE KYAN |         |         |         |         | Q-time: 99:99:99                    |
| PB (50m pool): no time                      |         |         |         |         | PB (25m pool): 03:10.42 SB: no time |
|                                             | 5 0 M   | 1 0 0 M | 1 5 0 M | 2 0 0 M |                                     |
| PB                                          | no time | no time | no time | no time |                                     |
|                                             | no time |         |         |         |                                     |
|                                             | .....   | .....   | .....   | .....   |                                     |

Coach feedback:

| Event number: 20: 200M BACKSTROKE MEN        |          |          |          |          | Heat:3, starttime: 16:38            |
|----------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 3/3 Lane : 7 Athlete: TRONCKOE KOBE    |          |          |          |          | Q-time: 02:37:82                    |
| PB (50m pool): 02:37.82 Antwerpen 13/07/2025 |          |          |          |          | PB (25m pool): 02:30.51 SB: no time |
|                                              | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                     |
| PB                                           | 00:37.45 | 01:17.56 | 01:58.16 | 02:37.82 |                                     |
|                                              | 00:37.45 | 00:40.11 | 00:40.60 | 00:39.66 |                                     |
|                                              | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

# Midwintertest: Session: 1: COACH evaluation sheet for TEAM: DDAT

| Event number: 21: 200M BREASTSTROKE WOMEN                  |         |         |         |         | Heat:1, starttime: 16:42 |
|------------------------------------------------------------|---------|---------|---------|---------|--------------------------|
| Heat: 1/3 Lane : 4 Athlete: TRONCKOE BENTE                 |         |         |         |         | Q-time: 99:99:99         |
| PB (50m pool): no time PB (25m pool): 03:54.62 SB: no time |         |         |         |         |                          |
|                                                            | 5 0 M   | 1 0 0 M | 1 5 0 M | 2 0 0 M |                          |
| PB                                                         | no time | no time | no time | no time |                          |
|                                                            | no time |         |         |         |                          |
|                                                            | .....   | .....   | .....   | .....   |                          |

Coach feedback:

| Event number: 21: 200M BREASTSTROKE WOMEN                                                    |          |          |          |          | Heat:2, starttime: 16:47 |
|----------------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 2/3 Lane : 6 Athlete: VERMOESEN ESTÉE                                                  |          |          |          |          | Q-time: 04:13:57         |
| PB (50m pool): 04:13.57 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 04:09.31 SB: no time |          |          |          |          |                          |
|                                                                                              | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                          |
| PB                                                                                           | 00:57.84 | 02:01.42 | 03:07.57 | 04:13.57 |                          |
|                                                                                              | 00:57.84 | 01:03.58 | 01:06.15 | 01:06.00 |                          |
|                                                                                              | .....    | .....    | .....    | .....    |                          |

Coach feedback:

| Event number: 21: 200M BREASTSTROKE WOMEN                                                    |          |          |          |          | Heat:3, starttime: 16:52 |
|----------------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 3/3 Lane : 6 Athlete: NSUBUGA SOFIA                                                    |          |          |          |          | Q-time: 03:09:56         |
| PB (50m pool): 03:09.56 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:00.46 SB: no time |          |          |          |          |                          |
|                                                                                              | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                          |
| PB                                                                                           | 00:44.35 | 01:34.63 | 02:23.94 | 03:09.56 |                          |
|                                                                                              | 00:44.35 | 00:50.28 | 00:49.31 | 00:45.62 |                          |
|                                                                                              | .....    | .....    | .....    | .....    |                          |

Coach feedback:

| Event number: 22: 200M BREASTSTROKE MEN                                                      |          |          |          |          | Heat:1, starttime: 16:56 |
|----------------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 1/3 Lane : 4 Athlete: VERHASSELT LARS                                                  |          |          |          |          | Q-time: 03:29:65         |
| PB (50m pool): 03:29.65 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:20.69 SB: no time |          |          |          |          |                          |
|                                                                                              | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                          |
| PB                                                                                           | 00:47.71 | 01:41.85 | 02:36.15 | 03:29.65 |                          |
|                                                                                              | 00:47.71 | 00:54.14 | 00:54.30 | 00:53.50 |                          |
|                                                                                              | .....    | .....    | .....    | .....    |                          |

Coach feedback:

# Midwintertest: Session: 1: COACH evaluation sheet for TEAM: DDAT

| Event number: 22: 200M BREASTSTROKE MEN                    |         |         |         |         | Heat:1, starttime: 16:56 |
|------------------------------------------------------------|---------|---------|---------|---------|--------------------------|
| Heat: 1/3 Lane : 8 Athlete: JACQUEMYNS LEWIS               |         |         |         |         | Q-time: 99:99:99         |
| PB (50m pool): no time PB (25m pool): 04:01.35 SB: no time |         |         |         |         |                          |
|                                                            | 5 0 M   | 1 0 0 M | 1 5 0 M | 2 0 0 M |                          |
| PB                                                         | no time | no time | no time | no time |                          |
|                                                            | no time |         |         |         |                          |
|                                                            | .....   | .....   | .....   | .....   |                          |

Coach feedback:

| Event number: 22: 200M BREASTSTROKE MEN                                          |          |          |          |          | Heat:2, starttime: 17:01 |
|----------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 2/3 Lane : 6 Athlete: DELCOIGNE NATHAN                                     |          |          |          |          | Q-time: 02:58:82         |
| PB (50m pool): 02:58.82 Antwerpen 13/07/2025 PB (25m pool): 02:52.91 SB: no time |          |          |          |          |                          |
|                                                                                  | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                          |
| PB                                                                               | 00:40.08 | 01:26.28 | 02:12.99 | 02:58.82 |                          |
|                                                                                  | 00:40.08 | 00:46.20 | 00:46.71 | 00:45.83 |                          |
|                                                                                  | .....    | .....    | .....    | .....    |                          |

Coach feedback:

| Event number: 22: 200M BREASTSTROKE MEN                                                      |          |          |          |          | Heat:2, starttime: 17:01 |
|----------------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 2/3 Lane : 8 Athlete: JACQUEMYNS KOBE                                                  |          |          |          |          | Q-time: 03:25:33         |
| PB (50m pool): 03:25.33 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:23.52 SB: no time |          |          |          |          |                          |
|                                                                                              | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                          |
| PB                                                                                           | 00:50.25 | 01:41.91 | 02:35.42 | 03:25.33 |                          |
|                                                                                              | 00:50.25 | 00:51.66 | 00:53.51 | 00:49.91 |                          |
|                                                                                              | .....    | .....    | .....    | .....    |                          |

Coach feedback:

| Event number: 22: 200M BREASTSTROKE MEN                                          |          |          |          |          | Heat:3, starttime: 17:05 |
|----------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 3/3 Lane : 8 Athlete: VANSTECHELMAN LUCAS                                  |          |          |          |          | Q-time: 02:50:78         |
| PB (50m pool): 02:50.78 Antwerpen 20/07/2025 PB (25m pool): 02:44.43 SB: no time |          |          |          |          |                          |
|                                                                                  | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                          |
| PB                                                                               | 00:38.48 | 01:22.00 | 02:06.94 | 02:50.78 |                          |
|                                                                                  | 00:38.48 | 00:43.52 | 00:44.94 | 00:43.84 |                          |
|                                                                                  | .....    | .....    | .....    | .....    |                          |

Coach feedback:

# Midwintertest: Session: 1: COACH evaluation sheet for TEAM: DDAT

| Event number: 23: 200M FREESTYLE WOMEN        |           |           |           |           | Heat:1, starttime: 17:09            |
|-----------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 1/3 Lane : 3 Athlete: VAN CAMBERG ELENA |           |           |           |           | Q-time: 02:40:93                    |
| PB (50m pool): 02:40.93 Antwerpen 14/07/2024  |           |           |           |           | PB (25m pool): 02:35.46 SB: no time |
|                                               | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                     |
| PB                                            | no time   | no time   | no time   | 02:40.93  |                                     |
|                                               | no time   |           |           |           |                                     |
|                                               | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 23: 200M FREESTYLE WOMEN                   |           |           |           |           | Heat:1, starttime: 17:09            |
|----------------------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 1/3 Lane : 4 Athlete: WYFFELS LOUISE MARIE         |           |           |           |           | Q-time: 02:39:85                    |
| PB (50m pool): 02:39.85 Lago Gent Rozebroeken 04/05/2025 |           |           |           |           | PB (25m pool): 02:28.32 SB: no time |
|                                                          | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                     |
| PB                                                       | 00:36.47  | 01:17.11  | 01:59.45  | 02:39.85  |                                     |
|                                                          | 00:36.47  | 00:40.64  | 00:42.34  | 00:40.40  |                                     |
|                                                          | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 23: 200M FREESTYLE WOMEN       |           |           |           |           | Heat:1, starttime: 17:09            |
|----------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 1/3 Lane : 5 Athlete: DE PRATER JUNO   |           |           |           |           | Q-time: 02:40:56                    |
| PB (50m pool): 02:40.56 Antwerpen 13/07/2025 |           |           |           |           | PB (25m pool): 02:33.90 SB: no time |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                     |
| PB                                           | 00:35.96  | 01:16.10  | 01:57.55  | 02:40.56  |                                     |
|                                              | 00:35.96  | 00:40.14  | 00:41.45  | 00:43.01  |                                     |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 23: 200M FREESTYLE WOMEN           |           |           |           |           | Heat:3, starttime: 17:16            |
|--------------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 3/3 Lane : 1 Athlete: VAN DER MEEREN LOTTE |           |           |           |           | Q-time: 02:25:63                    |
| PB (50m pool): 02:25.63 Antwerp 28/01/2024       |           |           |           |           | PB (25m pool): 02:18.41 SB: no time |
|                                                  | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                     |
| PB                                               | no time   | no time   | no time   | 02:25.63  |                                     |
|                                                  | no time   |           |           |           |                                     |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

Midwintertest: Session: 1: COACH evaluation sheet for TEAM: DDAT

|                                                                                              |           |           |           |           |                          |
|----------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Event number: 24: 200M FREESTYLE MEN                                                         |           |           |           |           | Heat:3, starttime: 17:26 |
| Heat: 3/3 Lane : 3 Athlete: SEGHERS MICHIEL                                                  |           |           |           |           | Q-time: 02:04:70         |
| PB (50m pool): 02:04.70 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:00.82 SB: no time |           |           |           |           |                          |
|                                                                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                          |
| PB                                                                                           | 00:29.77  | 01:02.34  | 01:34.19  | 02:04.70  |                          |
|                                                                                              | 00:29.77  | 00:32.57  | 00:31.85  | 00:30.51  |                          |
|                                                                                              | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback: