

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

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

Coaches: Gillain Alexandra

Coaches: Geeroms Kristel HEADCOACH

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 : 7 Athlete: DE WILDE MARGOT **Q-time: 01:29:48**

PB (50m pool): 01:29.48 Antwerpen 13/07/2025 **PB (25m pool): 01:28.89 SB: no time**

	5 0 M	1 0 0 M	
PB	00:39.92	01:29.48	
	00:39.92	00:49.56	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN **Heat:2, starttime: 14:07**

Heat: 2/2 Lane : 8 Athlete: VERHERSTRAETEN KOBE **Q-time: 01:17:98**

PB (50m pool): 01:17.98 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool): 01:30.48 SB: no time**

	5 0 M	1 0 0 M	
PB	00:37.45	01:17.98	
	00:37.45	00:40.53	
			

Coach feedback:

Event number: 3: 100M BACKSTROKE WOMEN **Heat:2, starttime: 14:12**

Heat: 2/5 Lane : 7 Athlete: VANDEROOST CLARA **Q-time: 01:41:99**

PB (50m pool): 01:41.99 Antwerp 02/02/2025 **PB (25m pool): 01:30.90 SB: no time**

	5 0 M	1 0 0 M	
PB	00:48.78	01:41.99	
	00:48.78	00:53.21	
			

Coach feedback:

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Event number: 4: 100M BACKSTROKE MEN			Heat:1, starttime: 14:22
Heat: 1/3 Lane : 3 Athlete: PROPS LUKAS			Q-time: 01:35:61
PB (50m pool): 01:35.61 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:32.96 SB: no time			
	5 0 M	1 0 0 M	
PB	00:47.52	01:35.61	
	00:47.52	00:48.09	
			

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN			Heat:1, starttime: 14:22
Heat: 1/3 Lane : 4 Athlete: VERSTRYNGE OSCAR			Q-time: 01:30:87
PB (50m pool): 01:30.87 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:31.53 SB: no time			
	5 0 M	1 0 0 M	
PB	00:45.11	01:30.87	
	00:45.11	00:45.76	
			

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN			Heat:1, starttime: 14:22
Heat: 1/3 Lane : 5 Athlete: BOSSUYT LIAS			Q-time: 01:31:05
PB (50m pool): 01:31.05 Antwerpen 13/07/2025 PB (25m pool): 01:24.52 SB: no time			
	5 0 M	1 0 0 M	
PB	00:45.04	01:31.05	
	00:45.04	00:46.01	
			

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN			Heat:1, starttime: 14:22
Heat: 1/3 Lane : 6 Athlete: HAEZEBROUCK THIJS			Q-time: 01:38:40
PB (50m pool): 01:38.40 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 01:36.46 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:38.40	
	no time		
			

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN			Heat:1, starttime: 14:29
Heat: 1/4 Lane : 4 Athlete: LA MARCA EMMA			Q-time: 01:47:72
PB (50m pool): 01:47.72 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:43.20 SB: no time			
	5 0 M	1 0 0 M	
PB	00:52.58	01:47.72	
	00:52.58	00:55.14	
			

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN			Heat:1, starttime: 14:29
Heat: 1/4 Lane : 6 Athlete: CLABAUT ELINA			Q-time: 01:56:41
PB (50m pool): 01:56.41 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:46.65 SB: no time			
	5 0 M	1 0 0 M	
PB	00:55.64	01:56.41	
	00:55.64	01:00.77	
			

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN			Heat:1, starttime: 14:29
Heat: 1/4 Lane : 7 Athlete: TRATSAERT ROBYNNE			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN			Heat:1, starttime: 14:29
Heat: 1/4 Lane : 8 Athlete: EL HACHIMI NORA			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 01:40.18 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN			Heat:2, starttime: 14:32
Heat: 2/4 Lane : 1 Athlete: MOXHET TESS			Q-time: 01:45:84
PB (50m pool): 01:45.84 Antwerp 26/01/2025			PB (25m pool): 01:42.31 SB: no time
	5 0 M	1 0 0 M	
PB	00:49.96	01:45.84	
	00:49.96	00:55.88	
			

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN			Heat:2, starttime: 14:32
Heat: 2/4 Lane : 6 Athlete: DE WILDE LORE			Q-time: 01:39:69
PB (50m pool): 01:39.69 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:50.06 SB: no time
	5 0 M	1 0 0 M	
PB	00:47.72	01:39.69	
	00:47.72	00:51.97	
			

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN			Heat:2, starttime: 14:32
Heat: 2/4 Lane : 8 Athlete: VANDEROOST ANNA			Q-time: 01:46:07
PB (50m pool): 01:46.07 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:44.57 SB: no time
	5 0 M	1 0 0 M	
PB	00:51.49	01:46.07	
	00:51.49	00:54.58	
			

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN			Heat:3, starttime: 14:34
Heat: 3/4 Lane : 3 Athlete: VERHERSTRAETEN LORE			Q-time: 01:28:93
PB (50m pool): 01:28.93 Antwerpen 13/07/2025			PB (25m pool): 01:31.26 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.87	01:28.93	
	00:41.87	00:47.06	
			

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Event number: 7: 100M FREESTYLE WOMEN					Heat:1, starttime: 14:45	
Heat: 1/2 Lane : 7 Athlete: PROPS KARLIEN					Q-time: 01:35:17	
PB (50m pool): 01:35.17 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:30.74 SB: no time						
	5 0 M	1 0 0 M				
PB	00:44.43	01:35.17				
	00:44.43	00:50.74				
						

Coach feedback:

Event number: 8: 100M FREESTYLE MEN				Heat:1, starttime: 14:49	
Heat: 1/3 Lane : 8 Athlete: TAHIRAJ DUQUESNE LUAN				Q-time: 99:99:99	
PB (50m pool): no time				PB (25m pool): no time SB: no time	
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 11: 200M MEDLEY MIXED 10-10					Heat:1, starttime: 15:18
Heat: 1/1 Lane : 5 Athlete: MICHIELS EVELYN				Q-time: 03:57:67	
PB (50m pool): 03:57.67 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:58.22	01:58.06	03:05.45	03:57.67	
	00:58.22	00:59.84	01:07.39	00:52.22	
					

Coach feedback:

Event number: 15: 400M MEDLEY WOMEN							Heat:1, starttime: 15:57	
Heat: 1/1 Lane : 6 Athlete: DE WILDE LORE							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): 06:12.02 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							
								

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Event number: 19: 200M BACKSTROKE WOMEN					Heat:1, starttime: 16:18
Heat: 1/3 Lane : 4 Athlete: EL HACHIMI NORA					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:18.34 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: 19: 200M BACKSTROKE WOMEN					Heat:1, starttime: 16:18
Heat: 1/3 Lane : 5 Athlete: LA MARCA EMMA					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:51.67 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: 19: 200M BACKSTROKE WOMEN					Heat:2, starttime: 16:22
Heat: 2/3 Lane : 1 Athlete: VANDEROOST ANNA					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:36.96 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: 19: 200M BACKSTROKE WOMEN					Heat:2, starttime: 16:22
Heat: 2/3 Lane : 8 Athlete: CLABAUT ELINA					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:12.91 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				
					

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Event number: 21: 200M BREASTSTROKE WOMEN					Heat:1, starttime: 16:42
Heat: 1/3 Lane : 3 Athlete: MICHIELS EVELYN					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time 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:1, starttime: 16:42
Heat: 1/3 Lane : 5 Athlete: PROPS KARLIEN					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time 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 : 3 Athlete: MOXHET TESS					Q-time: 04:08:46
PB (50m pool): 04:08.46 Molenbeek 18/02/2024 PB (25m pool): 03:38.98 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	04:08.46	
	no time				
					

Coach feedback:

Event number: 21: 200M BREASTSTROKE WOMEN					Heat:2, starttime: 16:47
Heat: 2/3 Lane : 5 Athlete: DE WILDE MARGOT					Q-time: 03:54:73
PB (50m pool): 03:54.73 Molenbeek 18/02/2024 PB (25m pool): 03:36.62 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	03:54.73	
	no time				
					

Coach feedback:

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

Event number: 21: 200M BREASTSTROKE WOMEN					Heat:2, starttime: 16:47
Heat: 2/3 Lane : 8 Athlete: VANDEROOST CLARA					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:48.68 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:1, starttime: 16:56
Heat: 1/3 Lane : 2 Athlete: VERSTRYNGE OSCAR					Q-time: 04:26:36
PB (50m pool): 04:26.36 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 03:30.87 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	04:26.36	
	no time				
					

Coach feedback:

Event number: 22: 200M BREASTSTROKE MEN					Heat:1, starttime: 16:56
Heat: 1/3 Lane : 3 Athlete: BOSSUYT LIAS					Q-time: 03:48:81
PB (50m pool): 03:48.81 Antwerpen 13/07/2025 PB (25m pool): 03:44.83 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:53.51	01:51.45	02:52.80	03:48.81	
	00:53.51	00:57.94	01:01.35	00:56.01	
					

Coach feedback:

Event number: 22: 200M BREASTSTROKE MEN					Heat:1, starttime: 16:56
Heat: 1/3 Lane : 6 Athlete: HAEZEBROUCK THIJS					Q-time: 04:16:29
PB (50m pool): 04:16.29 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 04:13.47 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	04:16.29	
	no time				
					

Coach feedback:

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

Event number: 22: 200M BREASTSTROKE MEN					Heat:1, starttime: 16:56
Heat: 1/3 Lane : 7 Athlete: TAHIRAJ DUQUESNE LUAN					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time 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: 23: 200M FREESTYLE WOMEN					Heat:1, starttime: 17:09
Heat: 1/3 Lane : 8 Athlete: TRATSAERT ROBYNNE					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time 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: 23: 200M FREESTYLE WOMEN					Heat:3, starttime: 17:16
Heat: 3/3 Lane : 8 Athlete: VERHERSTRAETEN LORE					Q-time: 02:25:95
PB (50m pool): 02:25.95 Antwerpen 20/07/2025 PB (25m pool): 02:17.51 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.17	01:08.72	01:47.22	02:25.95	
	00:32.17	00:36.55	00:38.50	00:38.73	
					

Coach feedback:

Event number: 24: 200M FREESTYLE MEN					Heat:1, starttime: 17:19
Heat: 1/3 Lane : 4 Athlete: VERHERSTRAETEN KOBE					Q-time: 02:37:56
PB (50m pool): 02:37.56 Antwerpen 14/07/2024 PB (25m pool): 02:23.46 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	02:37.56	
	no time				
					

Coach feedback:

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

Event number: 24: 200M FREESTYLE MEN					Heat:1, starttime: 17:19
Heat: 1/3 Lane : 5 Athlete: PROPS LUKAS					Q-time: 03:09:69
PB (50m pool): 03:09.69 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 02:54.75 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	03:09.69	
	no time				
					

Coach feedback: