

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ 13:45 The listed starttimes are indicative!

Coaches: Bijloos Annie

Coaches: Heirwegh Tina HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M FREESTYLE MEN 11+					Heat:3, starttime: 14:04
Heat: 3/13 Lane : 1 Athlete: SCHEPERS RUBEN					Q-time: 01:14:05
PB (25m pool): 01:16.07 Temse 22/12/2024					PB (50m pool): 01:14.05 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.19		01:16.07	
		00:36.19		00:39.88	
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:5, starttime: 14:07
Heat: 5/13 Lane : 1 Athlete: LUYPAERT EDEN					Q-time: 01:07:78
PB (25m pool): 01:07.78 Lokeren 28/09/2025					PB (50m pool): 01:08.85 SB: 01:07.78 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.33		01:07.78	
		00:32.33		00:35.45	
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:5, starttime: 14:07
Heat: 5/13 Lane : 7 Athlete: MAES JORDY					Q-time: 01:07:72
PB (25m pool): 01:07.72 T ROSCO 12/10/2025					PB (50m pool): 01:09.81 SB: 01:07.72 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.72		01:07.72	
		00:33.72		00:34.00	
					

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 1: 100M FREESTYLE MEN 11+					Heat:6, starttime: 14:09
Heat: 6/13 Lane : 8 Athlete: BOONE FELIX					Q-time: 01:04:73
PB (25m pool): 01:04.73 Lokeren 28/09/2025			PB (50m pool): 01:05.76 SB: 01:04.73 Lokeren 28/09/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.40		01:04.73	
	00:31.40		00:33.33		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:24
Heat: 3/12 Lane : 2 Athlete: DEBAETS ELIEN					Q-time: 01:17:62
PB (25m pool): 01:17.62 Lokeren 28/09/2025			PB (50m pool): 01:17.84 SB: 01:17.62 Lokeren 28/09/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.40		01:17.62	
	00:36.40		00:41.22		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:24
Heat: 3/12 Lane : 5 Athlete: HEYLEN ROOS					Q-time: 01:16:98
PB (25m pool): 01:16.98 Zottegem 09/03/2025			PB (50m pool): 01:20.23 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.52		01:16.98	
	00:36.52		00:40.46		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:32
Heat: 8/12 Lane : 6 Athlete: VANDER MIJNSBRUGGE LORE					Q-time: 01:07:16
PB (25m pool): 01:07.16 TEMSE 23/11/2025			PB (50m pool): 01:08.92 SB: 01:07.16 TEMSE 23/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.31		01:07.16	
	00:32.31		00:34.85		
					

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:34
Heat: 9/12 Lane : 2 Athlete: VAN DE WINKEL LOLA					Q-time: 01:06:19
PB (25m pool): 01:06.19 TEMSE 23/11/2025					PB (50m pool): 01:10.29 SB: 01:06.19 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.90		01:06.19	
	00:31.90		00:34.29		
					

Coach feedback:

Event number: 3: 100M MEDLEY MIXED 10-9					Heat:2, starttime: 14:42
Heat: 2/3 Lane : 1 Athlete: DIERICK ROBBE					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 3: 100M MEDLEY MIXED 10-9					Heat:2, starttime: 14:42
Heat: 2/3 Lane : 3 Athlete: HUYLEBROECK JANNE					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 3: 100M MEDLEY MIXED 10-9					Heat:3, starttime: 14:44
Heat: 3/3 Lane : 3 Athlete: REYNIERS WARRE					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 14:51	
Heat: 2/6 Lane : 3 Athlete: LUYPAERT EDEN							Q-time: 99:99:99	
PB (25m pool): 03:47.54 Temse 12/03/2023				PB (50m pool): no time 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		03:47.54
	no time							
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 15:19	
Heat: 3/5 Lane : 3 Athlete: DEBAETS ELIEN							Q-time: 03:25:83	
PB (25m pool): 03:25.83 Eeklo 21/04/2025				PB (50m pool): no time 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		00:45.44		01:38.05		no time		03:25.83
	00:45.44		00:52.61					
								

Coach feedback:

Event number: 6: 100M MEDLEY MEN 11+							Heat:2, starttime: 15:33	
Heat: 2/7 Lane : 3 Athlete: SCHEPERS RUBEN							Q-time: 01:23:52	
PB (25m pool): 01:23.52 Lokeren 28/09/2025				PB (50m pool): no time SB: 01:23.52 Lokeren 28/09/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:38.14		01:23.52				
	00:38.14		00:45.38					
								

Coach feedback:

Event number: 6: 100M MEDLEY MEN 11+							Heat:3, starttime: 15:35	
Heat: 3/7 Lane : 7 Athlete: MAES JORDY							Q-time: 01:18:96	
PB (25m pool): 01:18.96 Lokeren 28/09/2025				PB (50m pool): no time SB: 01:18.96 Lokeren 28/09/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:35.53		01:18.96				
	00:35.53		00:43.43					
								

Coach feedback:

Laatste kans Vita:
 Session: 1:
 COACH evaluation sheet for TEAM: AZL

Event number: 6: 100M MEDLEY MEN 11+					Heat:4, starttime: 15:37
Heat: 4/7 Lane : 1 Athlete: BOONE FELIX					Q-time: 01:16:66
PB (25m pool): 01:16.66 TEMSE 30/03/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.74		01:16.66	
	00:35.74		00:40.92		
					

Coach feedback:

Event number: 6: 100M MEDLEY MEN 11+					Heat:5, starttime: 15:38
Heat: 5/7 Lane : 7 Athlete: VAN DEN BREMT MATHIAS					Q-time: 01:12:37
PB (25m pool): 01:12.37 TEMSE 30/03/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:15.00		01:12.37	
	00:15.00		00:57.37		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 15:48
Heat: 3/9 Lane : 6 Athlete: HEYLEN ROOS					Q-time: 01:29:81
PB (25m pool): 01:29.81 Lokeren 28/09/2025					PB (50m pool): no time SB: 01:29.81 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.02		01:29.81	
	00:42.02		00:47.79		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 15:50
Heat: 4/9 Lane : 2 Athlete: DEBAETS ELIEN					Q-time: 01:25:88
PB (25m pool): 01:25.88 Lokeren 28/09/2025					PB (50m pool): no time SB: 01:25.88 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.92		01:25.88	
	00:40.92		00:44.96		
					

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 15:54
Heat: 6/9 Lane : 4 Athlete: VAN DE WINKEL LOLA					Q-time: 01:16:27
PB (25m pool): 01:16.27 TEMSE 30/03/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.18		01:16.27	
	00:36.18		00:40.09		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 15:54
Heat: 6/9 Lane : 5 Athlete: DEN TANDT AMBER					Q-time: 01:16:87
PB (25m pool): 01:16.87 Temse 22/12/2024					PB (50m pool): no time SB: 01:19.67 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.60		01:16.87	
	00:35.60		00:41.27		
					

Coach feedback:

Event number: 8: 200M BUTTERFLY MEN 11+					Heat:3, starttime: 16:08			
Heat: 3/3 Lane : 7 Athlete: VAN DEN BREMT MATHIAS					Q-time: 02:32:31			
PB (25m pool): 02:32.31 TEMSE 23/11/2025					PB (50m pool): 02:35.76 SB: 02:32.31 TEMSE 23/11/2025			
	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		00:32.28		01:10.38		01:50.91		02:32.31
	00:32.28		00:38.10		00:40.53		00:41.40	
								

Coach feedback:

Event number: 9: 200M BUTTERFLY WOMEN 11+					Heat:2, starttime: 16:15			
Heat: 2/2 Lane : 3 Athlete: VAN DEN BREMT SARAH					Q-time: 02:35:66			
PB (25m pool): 02:35.66 T ROSCO 12/10/2025					PB (50m pool): 02:36.88 SB: 02:35.66 T ROSCO 12/10/2025			
	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		00:34.54		01:13.97		01:54.71		02:35.66
	00:34.54		00:39.43		00:40.74		00:40.95	
								

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 9: 200M BUTTERFLY WOMEN 11+							Heat:2, starttime: 16:15	
Heat: 2/2 Lane : 7 Athlete: VANDER MIJNSBRUGGE LORE							Q-time: 03:02:82	
PB (25m pool): 03:02.82 TEMSE 30/03/2025				PB (50m pool): no time 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		00:38.69		01:25.24		02:15.28		03:02.82
	00:38.69		00:46.55		00:50.04		00:47.54	
								

Coach feedback:

Event number: 10: 100M FREESTYLE MIXED 10-9										Heat:2, starttime: 16:21																																																	
Heat: 2/3															Lane : 1															Athlete: DIERICK ROBBE															Q-time: 01:43:89														
PB (25m pool): 01:43.89															Aartselaar 01/11/2025										PB (50m pool): no time															SB: 01:43.89										Aartselaar 01/11/2025									
		2 5 M					5 0 M					7 5 M					1 0 0 M																																										
PB							00:48.40										01:43.89																																										
		00:48.40										00:55.49																																															
																																																											

Coach feedback:

Event number: 10: 100M FREESTYLE MIXED 10-9										Heat:2, starttime: 16:21	
Heat: 2/3 Lane : 4 Athlete: REYNIERS WARRE									Q-time: 01:31:22		
PB (25m pool): 01:31.22 TEMSE 23/11/2025					PB (50m pool): 01:36.46SB: 01:31.22 TEMSE 23/11/2025						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:44.38				01:31.22				
	00:44.38				00:46.84						
											

Coach feedback:

Event number: 10: 100M FREESTYLE MIXED 10-9										Heat:2, starttime: 16:21	
Heat: 2/3 Lane : 5 Athlete: HUYLEBROECK JANNE										Q-time: 01:32:77	
PB (25m pool): 01:32.77 Lokeren 28/09/2025										PB (50m pool): 01:31.09SB: 01:32.77 Lokeren 28/09/2025	
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:45.01				01:32.77				
	00:45.01				00:47.76						
											

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 16:32
Heat: 4/9 Lane : 1 Athlete: SCHEPERS RUBEN					Q-time: 01:21:24
PB (25m pool): 01:21.24 Lokeren 28/09/2025					PB (50m pool): 01:24.98 SB: 01:21.24 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.94		01:21.24	
	00:39.94		00:41.30		
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 16:36
Heat: 6/9 Lane : 1 Athlete: BOONE FELIX					Q-time: 01:14:85
PB (25m pool): 01:14.85 TEMSE 18/05/2025					PB (50m pool): 01:19.54 SB: 01:17.70 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.86		01:14.85	
	00:36.86		00:37.99		
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 16:36
Heat: 6/9 Lane : 6 Athlete: MAES JORDY					Q-time: 01:13:19
PB (25m pool): 01:13.19 T ROSCO 12/10/2025					PB (50m pool): 01:14.56 SB: 01:13.19 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.12		01:13.19	
	00:36.12		00:37.07		
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 16:38
Heat: 7/9 Lane : 3 Athlete: VAN DEN BREMT MATHIAS					Q-time: 01:09:59
PB (25m pool): 01:09.59 Temse 17/11/2025					PB (50m pool): 01:23.08 SB: 01:09.59 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.74		01:09.59	
	00:33.74		00:35.85		
					

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 16:40
Heat: 8/9 Lane : 8 Athlete: VAN DE WINKEL MILAN					Q-time: 01:08:54
PB (25m pool): 01:08.54 T ROSCO 12/10/2025					PB (50m pool): 01:12.78 SB: 01:08.54 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:08.54	
	no time				
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 16:51
Heat: 4/11 Lane : 7 Athlete: HEYLEN ROOS					Q-time: 01:31:44
PB (25m pool): 01:31.44 TEMSE 18/05/2025					PB (50m pool): 01:32.80 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.51		01:31.44	
	00:45.51 00:45.93				
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 16:53
Heat: 5/11 Lane : 6 Athlete: DEBAETS ELIEN					Q-time: 01:27:17
PB (25m pool): 01:27.17 TEMSE 18/05/2025					PB (50m pool): 01:28.73 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.82		01:27.17	
	00:42.82 00:44.35				
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 17:00
Heat: 8/11 Lane : 7 Athlete: DEN TANDT AMBER					Q-time: 01:17:01
PB (25m pool): 01:16.77 Sinbad 09/10/2022					PB (50m pool): 01:20.89 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:16.77	
	no time				
					

Coach feedback:

Laatste kans Vita:
 Session: 1:
 COACH evaluation sheet for TEAM: AZL

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 17:06
Heat: 11/11 Lane : 1 Athlete: VAN DEN BREMT SARAH					Q-time: 01:08:49
PB (25m pool): 01:08.49 TEMSE 23/11/2025					PB (50m pool): 01:12.25 SB: 01:08.49 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.25		01:08.49	
	00:33.25		00:35.24		
					

Coach feedback:

Event number: 14: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 17:20	
Heat: 1/2 Lane : 2 Athlete: VANDER MIJNSBRUGGE LORE							Q-time: 06:26:30	
PB (25m pool): 06:26.30 Temse 22/12/2024				PB (50m pool): no time 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		00:41.37		01:32.63		02:20.39		03:07.70
	00:41.37		00:51.26		00:47.76		00:47.31	
								
	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		04:03.12		05:00.73		05:44.36		06:26.30
	00:55.42		00:57.61		00:43.63		00:41.94	
								

Coach feedback:

Event number: 14: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 17:28	
Heat: 2/2 Lane : 4 Athlete: VAN DEN BREMT SARAH							Q-time: 05:20:62	
PB (25m pool): 05:20.62 T ROSCO 12/10/2025				PB (50m pool): 05:24.01SB: 05:20.62 T ROSCO 12/10/2025				
	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		00:33.91		01:13.74		01:54.68		02:34.21
	00:33.91		00:39.83		00:40.94		00:39.53	
								
	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		03:20.80		04:08.49		04:45.67		05:20.62
	00:46.59		00:47.69		00:37.18		00:34.95	
								

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 15: 4x50M MEDLEY MEN 11+							Heat:2, starttime: 17:42	
Heat: 2/3 Lane : 6 Athlete: TEAM AZL 1							Q-time: 02:11:40	
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback:

Event number: 16: 4x50M MEDLEY WOMEN 11+							Heat:3, starttime: 17:54	
Heat: 3/3 Lane : 2 Athlete: TEAM AZL 2							Q-time: 02:17:31	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback: