

# Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: DDZZ

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

Coaches: Claeys Jack    HEADCOACH

PB => Personal Best time

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

| Event number: 1: 100M FREESTYLE MEN 11+               |           |           |           |           | Heat:7, starttime: 14:10            |
|-------------------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 7/13    Lane : 5    Athlete: DE SCHUYTER MATHIS |           |           |           |           | Q-time: 01:02:22                    |
| PB (25m pool): 01:02.22    DENDERMONDE 23/11/2024     |           |           |           |           | PB (50m pool): 01:04.19 SB: no time |
|                                                       | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                     |
| PB                                                    |           | 00:30.06  |           | 01:02.22  |                                     |
|                                                       | 00:30.06  |           | 00:32.16  |           |                                     |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 2: 100M FREESTYLE WOMEN 11+        |           |           |           |           | Heat:1, starttime: 14:20              |
|--------------------------------------------------|-----------|-----------|-----------|-----------|---------------------------------------|
| Heat: 1/12    Lane : 1    Athlete: DE PAEPE FIEN |           |           |           |           | 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: 2: 100M FREESTYLE WOMEN 11+         |           |           |           |           | Heat:1, starttime: 14:20              |
|---------------------------------------------------|-----------|-----------|-----------|-----------|---------------------------------------|
| Heat: 1/12    Lane : 7    Athlete: BOCKAERT LIEZE |           |           |           |           | 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:

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|                                                |          |          |          |                                                      |  |
|------------------------------------------------|----------|----------|----------|------------------------------------------------------|--|
| Event number: 2: 100M FREESTYLE WOMEN 11+      |          |          |          | Heat:2, starttime: 14:22                             |  |
| Heat: 2/12 Lane : 2 Athlete: DELBARRE JULIETTE |          |          |          | Q-time: 01:25:81                                     |  |
| PB (25m pool): 01:25.81 Eeklo 21/09/2025       |          |          |          | PB (50m pool): no time SB: 01:25.81 Eeklo 21/09/2025 |  |
|                                                | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M                                              |  |
| PB                                             |          | 00:39.64 |          | 01:25.81                                             |  |
|                                                | 00:39.64 |          | 00:46.17 |                                                      |  |
|                                                | .....    | .....    | .....    | .....                                                |  |

Coach feedback:

|                                           |          |          |          |                                                      |  |
|-------------------------------------------|----------|----------|----------|------------------------------------------------------|--|
| Event number: 2: 100M FREESTYLE WOMEN 11+ |          |          |          | Heat:3, starttime: 14:24                             |  |
| Heat: 3/12 Lane : 4 Athlete: WILLEMS INNE |          |          |          | Q-time: 01:16:79                                     |  |
| PB (25m pool): 01:16.79 Eeklo 21/09/2025  |          |          |          | PB (50m pool): no time SB: 01:16.79 Eeklo 21/09/2025 |  |
|                                           | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M                                              |  |
| PB                                        |          | 00:37.16 |          | 01:16.79                                             |  |
|                                           | 00:37.16 |          | 00:39.63 |                                                      |  |
|                                           | .....    | .....    | .....    | .....                                                |  |

Coach feedback:

|                                              |         |         |       |                                    |  |
|----------------------------------------------|---------|---------|-------|------------------------------------|--|
| Event number: 2: 100M FREESTYLE WOMEN 11+    |         |         |       | Heat:3, starttime: 14:24           |  |
| Heat: 3/12 Lane : 6 Athlete: BOCKAERT LENTEL |         |         |       | Q-time: 01:17:22                   |  |
| PB (25m pool): 01:17.22 Sinbad 14/01/2024    |         |         |       | PB (50m pool): no time SB: no time |  |
|                                              | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M                            |  |
| PB                                           |         | no time |       | 01:17.22                           |  |
|                                              | no time |         |       |                                    |  |
|                                              | .....   | .....   | ..... | .....                              |  |

Coach feedback:

|                                                |          |          |          |                                                      |  |
|------------------------------------------------|----------|----------|----------|------------------------------------------------------|--|
| Event number: 2: 100M FREESTYLE WOMEN 11+      |          |          |          | Heat:4, starttime: 14:26                             |  |
| Heat: 4/12 Lane : 1 Athlete: NEVEJANS JULIETTE |          |          |          | Q-time: 01:15:42                                     |  |
| PB (25m pool): 01:15.42 Lokeren 05/04/2025     |          |          |          | PB (50m pool): no time SB: 01:17.25 Eeklo 21/09/2025 |  |
|                                                | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M                                              |  |
| PB                                             |          | 00:35.78 |          | 01:15.42                                             |  |
|                                                | 00:35.78 |          | 00:39.64 |                                                      |  |
|                                                | .....    | .....    | .....    | .....                                                |  |

Coach feedback:

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| Event number: 2: 100M FREESTYLE WOMEN 11+      |          |          |          |          | Heat:4, starttime: 14:26                                   |
|------------------------------------------------|----------|----------|----------|----------|------------------------------------------------------------|
| Heat: 4/12 Lane : 3 Athlete: DE SCHUYTER MONA  |          |          |          |          | Q-time: 01:14:64                                           |
| PB (25m pool): 01:14.64 Dendermonde 22/11/2025 |          |          |          |          | PB (50m pool): no time SB: 01:14.64 Dendermonde 22/11/2025 |
|                                                | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                            |
| PB                                             |          | 00:35.53 |          | 01:14.64 |                                                            |
|                                                | 00:35.53 |          | 00:39.11 |          |                                                            |
|                                                | .....    | .....    | .....    | .....    |                                                            |

Coach feedback:

| Event number: 2: 100M FREESTYLE WOMEN 11+    |          |          |          |          | Heat:8, starttime: 14:32                                    |
|----------------------------------------------|----------|----------|----------|----------|-------------------------------------------------------------|
| Heat: 8/12 Lane : 3 Athlete: STEENBEKE LISSE |          |          |          |          | Q-time: 01:07:13                                            |
| PB (25m pool): 01:07.13 Eeklo 21/04/2025     |          |          |          |          | PB (50m pool): 01:09.23 SB: 01:07.52 Dendermonde 22/11/2025 |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                             |
| PB                                           |          | 00:33.05 |          | 01:07.13 |                                                             |
|                                              | 00:33.05 |          | 00:34.08 |          |                                                             |
|                                              | .....    | .....    | .....    | .....    |                                                             |

Coach feedback:

| Event number: 2: 100M FREESTYLE WOMEN 11+        |          |          |          |          | Heat:9, starttime: 14:34                                    |
|--------------------------------------------------|----------|----------|----------|----------|-------------------------------------------------------------|
| Heat: 9/12 Lane : 5 Athlete: VANDEKERCKHOVE FRAN |          |          |          |          | Q-time: 01:04:49                                            |
| PB (25m pool): 01:04.49 Dendermonde 22/11/2025   |          |          |          |          | PB (50m pool): 01:11.91 SB: 01:04.49 Dendermonde 22/11/2025 |
|                                                  | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                             |
| PB                                               |          | 00:31.24 |          | 01:04.49 |                                                             |
|                                                  | 00:31.24 |          | 00:33.25 |          |                                                             |
|                                                  | .....    | .....    | .....    | .....    |                                                             |

Coach feedback:

| Event number: 3: 100M MEDLEY MIXED 10-9           |         |         |       |         | Heat:3, starttime: 14:44           |
|---------------------------------------------------|---------|---------|-------|---------|------------------------------------|
| Heat: 3/3 Lane : 2 Athlete: VANDEKERCKHOVE VICTOR |         |         |       |         | 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:

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| Event number: 5: 200M BREASTSTROKE WOMEN 11+    |           |           |                                       |           |           |           | Heat:1, starttime: 15:10 |           |
|-------------------------------------------------|-----------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 1/5    Lane : 5    Athlete: DE PAEPE FIEN |           |           |                                       |           |           |           | 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     | 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: 5: 200M BREASTSTROKE WOMEN 11+      |           |           |           |                                       |           |           | Heat:3, starttime: 15:19 |           |
|---------------------------------------------------|-----------|-----------|-----------|---------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/5    Lane : 7    Athlete: BOCKAERT LENTEL |           |           |           |                                       |           |           | Q-time: 03:27:31         |           |
| PB (25m pool): 03:27.31    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                                                |           | 00:42.67  |           | 01:35.28                              |           | no time   |                          | 03:27.31  |
|                                                   | 00:42.67  |           | 00:52.61  |                                       |           |           |                          |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 5: 200M BREASTSTROKE WOMEN 11+      |           |           |                                    |           |           |           | Heat:4, starttime: 15:23 |           |
|---------------------------------------------------|-----------|-----------|------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 4/5    Lane : 1    Athlete: STEENBEKE LISSE |           |           |                                    |           |           |           | Q-time: 03:22:07         |           |
| PB (25m pool): 03:22.07    Eeklo 01/04/2024       |           |           | PB (50m pool): 03:39.89SB: 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   |                          | 03:22.07  |
|                                                   | no time   |           |                                    |           |           |           |                          |           |
|                                                   | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 6: 100M MEDLEY MEN 11+                 |           |           |           |           |  |  | Heat:5, starttime: 15:38                                        |  |
|------------------------------------------------------|-----------|-----------|-----------|-----------|--|--|-----------------------------------------------------------------|--|
| Heat: 5/7    Lane : 6    Athlete: DE SCHUYTER MATHIS |           |           |           |           |  |  | Q-time: 01:11:86                                                |  |
| PB (25m pool): 01:11.86    DENDERMONDE 23/11/2024    |           |           |           |           |  |  | PB (50m pool): no time    SB: 01:12.19    Lokeren    28/09/2025 |  |
|                                                      | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |  |  |                                                                 |  |
| PB                                                   |           | no time   |           | 01:11.86  |  |  |                                                                 |  |
|                                                      | no time   |           |           |           |  |  |                                                                 |  |
|                                                      | . . . . . | . . . . . | . . . . . | . . . . . |  |  |                                                                 |  |

Coach feedback:

# Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: DDZZ

| Event number: 7: 100M MEDLEY WOMEN 11+                    |         |         |       |         | Heat:1, starttime: 15:43 |
|-----------------------------------------------------------|---------|---------|-------|---------|--------------------------|
| Heat: 1/9 Lane : 1 Athlete: DE SCHUYTER MONA              |         |         |       |         | 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: 7: 100M MEDLEY WOMEN 11+                    |         |         |       |         | Heat:1, starttime: 15:43 |
|-----------------------------------------------------------|---------|---------|-------|---------|--------------------------|
| Heat: 1/9 Lane : 7 Athlete: DE PAEPE FIEN                 |         |         |       |         | 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: 7: 100M MEDLEY WOMEN 11+                                      |          |          |          |          | Heat:3, starttime: 15:48 |
|-----------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 3/9 Lane : 5 Athlete: NEVEJANS JULIETTE                               |          |          |          |          | Q-time: 01:28:28         |
| PB (25m pool): 01:28.28 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                                                                          |          | 00:40.27 |          | 01:28.28 |                          |
|                                                                             | 00:40.27 |          | 00:48.01 |          |                          |
|                                                                             | .....    | .....    | .....    | .....    |                          |

Coach feedback:

| Event number: 7: 100M MEDLEY WOMEN 11+                                            |         |         |       |          | Heat:6, starttime: 15:54 |
|-----------------------------------------------------------------------------------|---------|---------|-------|----------|--------------------------|
| Heat: 6/9 Lane : 2 Athlete: VANDEKERCKHOVE FRAN                                   |         |         |       |          | Q-time: 01:18:07         |
| PB (25m pool): 01:18.07 DENDERMONDE 23/11/2024 PB (50m pool): no time SB: no time |         |         |       |          |                          |
|                                                                                   | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M  |                          |
| PB                                                                                |         | no time |       | 01:18.07 |                          |
|                                                                                   | no time |         |       |          |                          |
|                                                                                   | .....   | .....   | ..... | .....    |                          |

Coach feedback:

# Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: DDZZ

| Event number: 7: 100M MEDLEY WOMEN 11+      |         |         |       |          | Heat:7, starttime: 15:55                                   |
|---------------------------------------------|---------|---------|-------|----------|------------------------------------------------------------|
| Heat: 7/9 Lane : 2 Athlete: STEENBEKE JINNE |         |         |       |          | Q-time: 01:14:60                                           |
| PB (25m pool): 01:13.86 Zwevegem 05/03/2023 |         |         |       |          | PB (50m pool): no time SB: 01:14.66 Dendermonde 22/11/2025 |
|                                             | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M  |                                                            |
| PB                                          |         | no time |       | 01:13.86 |                                                            |
|                                             | no time |         |       |          |                                                            |
|                                             | .....   | .....   | ..... | .....    |                                                            |

Coach feedback:

| Event number: 9: 200M BUTTERFLY WOMEN 11+         |           |           |                                       |           |           |           | Heat:1, starttime: 16:12 |           |
|---------------------------------------------------|-----------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 1/2    Lane : 1    Athlete: PETEREYNS LIEKE |           |           |                                       |           |           |           | 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     | 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: 9: 200M BUTTERFLY WOMEN 11+      |           |           |                                       |           |           |           | Heat:1, starttime: 16:12 |           |
|------------------------------------------------|-----------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 1/2    Lane : 7    Athlete: WILLEMS INNE |           |           |                                       |           |           |           | 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     | 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: 10: 100M FREESTYLE MIXED 10-9      |         |         |       |         | Heat:2, starttime: 16:21           |
|--------------------------------------------------|---------|---------|-------|---------|------------------------------------|
| Heat: 2/3 Lane : 8 Athlete: VAN LANDSCHOOT LOWIE |         |         |       |         | 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:
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|                                                   |          |          |          |          |                                                             |
|---------------------------------------------------|----------|----------|----------|----------|-------------------------------------------------------------|
| Event number: 10: 100M FREESTYLE MIXED 10-9       |          |          |          |          | Heat:3, starttime: 16:23                                    |
| Heat: 3/3 Lane : 3 Athlete: VANDEKERCKHOVE VICTOR |          |          |          |          | Q-time: 01:22:03                                            |
| PB (25m pool): 01:22.03 Dendermonde 22/11/2025    |          |          |          |          | PB (50m pool): 01:35.90 SB: 01:22.03 Dendermonde 22/11/2025 |
|                                                   | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                             |
| PB                                                |          | 00:40.22 |          | 01:22.03 |                                                             |
|                                                   | 00:40.22 |          | 00:41.81 |          |                                                             |
|                                                   | .....    | .....    | .....    | .....    |                                                             |

Coach feedback:

|                                                |          |          |          |          |                                                         |
|------------------------------------------------|----------|----------|----------|----------|---------------------------------------------------------|
| Event number: 11: 100M BACKSTROKE MEN 11+      |          |          |          |          | Heat:7, starttime: 16:38                                |
| Heat: 7/9 Lane : 8 Athlete: DE SCHUYTER MATHIS |          |          |          |          | Q-time: 01:11:01                                        |
| PB (25m pool): 01:11.01 Sinbad 12/01/2025      |          |          |          |          | PB (50m pool): 01:15.16 SB: 01:11.97 Lokeren 28/09/2025 |
|                                                | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                         |
| PB                                             |          | 00:34.60 |          | 01:11.01 |                                                         |
|                                                | 00:34.60 |          | 00:36.41 |          |                                                         |
|                                                | .....    | .....    | .....    | .....    |                                                         |

Coach feedback:

|                                             |         |         |       |         |                                    |
|---------------------------------------------|---------|---------|-------|---------|------------------------------------|
| Event number: 12: 100M BACKSTROKE WOMEN 11+ |         |         |       |         | Heat:1, starttime: 16:43           |
| Heat: 1/11 Lane : 4 Athlete: BOCKAERT LIEZE |         |         |       |         | 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: 12: 100M BACKSTROKE WOMEN 11+    |         |         |       |         | Heat:1, starttime: 16:43           |
| Heat: 1/11 Lane : 6 Athlete: DELBARRE JULIETTE |         |         |       |         | 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:

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|                                               |          |          |          |          |                                    |
|-----------------------------------------------|----------|----------|----------|----------|------------------------------------|
| Event number: 12: 100M BACKSTROKE WOMEN 11+   |          |          |          |          | Heat:3, starttime: 16:49           |
| Heat: 3/11 Lane : 7 Athlete: DE SCHUYTER MONA |          |          |          |          | Q-time: 01:36:68                   |
| PB (25m pool): 01:36.68 Sinbad 12/01/2025     |          |          |          |          | PB (50m pool): no time SB: no time |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                    |
| PB                                            |          | 00:44.43 |          | 01:36.68 |                                    |
|                                               | 00:44.43 |          | 00:52.25 |          |                                    |
|                                               | .....    | .....    | .....    | .....    |                                    |

Coach feedback:

|                                             |          |          |          |          |                                                        |
|---------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Event number: 12: 100M BACKSTROKE WOMEN 11+ |          |          |          |          | Heat:5, starttime: 16:53                               |
| Heat: 5/11 Lane : 7 Athlete: WILLEMS INNE   |          |          |          |          | Q-time: 01:28:03                                       |
| PB (25m pool): 01:28.03 Lokeren 28/09/2025  |          |          |          |          | PB (50m pool): no time SB: 01:28.03 Lokeren 28/09/2025 |
|                                             | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                          |          | 00:42.82 |          | 01:28.03 |                                                        |
|                                             | 00:42.82 |          | 00:45.21 |          |                                                        |
|                                             | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

|                                               |          |          |          |          |                                                         |
|-----------------------------------------------|----------|----------|----------|----------|---------------------------------------------------------|
| Event number: 12: 100M BACKSTROKE WOMEN 11+   |          |          |          |          | Heat:10, starttime: 17:04                               |
| Heat: 10/11 Lane : 6 Athlete: STEENBEKE JINNE |          |          |          |          | Q-time: 01:11:16                                        |
| PB (25m pool): 01:11.16 TEMSE 30/03/2025      |          |          |          |          | PB (50m pool): 01:12.70 SB: 01:11.51 Lokeren 28/09/2025 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                         |
| PB                                            |          | 00:35.25 |          | 01:11.16 |                                                         |
|                                               | 00:35.25 |          | 00:35.91 |          |                                                         |
|                                               | .....    | .....    | .....    | .....    |                                                         |

Coach feedback:

|                                               |       |       |                |       |       |       |                          |         |
|-----------------------------------------------|-------|-------|----------------|-------|-------|-------|--------------------------|---------|
| Event number: 16: 4x50M MEDLEY WOMEN 11+      |       |       |                |       |       |       | Heat:1, starttime: 17:48 |         |
| Heat: 1/3    Lane : 1    Athlete: TEAM DDZZ 1 |       |       |                |       |       |       | Q-time: 99:99:99         |         |
| 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:

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

|                                               |       |       |                |       |       |       |                          |         |
|-----------------------------------------------|-------|-------|----------------|-------|-------|-------|--------------------------|---------|
| Event number: 16: 4x50M MEDLEY WOMEN 11+      |       |       |                |       |       |       | Heat:1, starttime: 17:48 |         |
| Heat: 1/3    Lane : 6    Athlete: TEAM DDZZ 2 |       |       |                |       |       |       | Q-time: 99:99:99         |         |
| 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: