

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

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

Coaches: Cools Sandra HEADCOACH

Coaches: De Noble Naomi

Coaches: Wielandt Pieter

Coaches: De Noble Chloë«

Coaches: Slos Robbie

Coaches: Huberty Maren

PB => Personal Best time

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

Event number: 1: 100M FREESTYLE MEN 11+					Heat:2, starttime: 14:02
Heat: 2/13 Lane : 6 Athlete: COESSENS KOBE					Q-time: 01:20:17
PB (25m pool): 01:20.17 Temse 17/11/2025					PB (50m pool): 01:21.67 SB: 01:20.17 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.41		01:20.17	
		00:38.41		00:41.76	
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:3, starttime: 14:04
Heat: 3/13 Lane : 6 Athlete: TIMMERMANS THEO					Q-time: 01:11:74
PB (25m pool): 01:11.74 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:15.73 SB: 01:11.74 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.25		01:11.74	
		00:34.25		00:37.49	
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:4, starttime: 14:05
Heat: 4/13 Lane : 2 Athlete: VAN LOO MATHIAS					Q-time: 01:09:83
PB (25m pool): 01:11.31 Eeklo 21/04/2025					PB (50m pool): 01:09.83 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.94		01:11.31	
		00:33.94		00:37.37	
					

Coach feedback:

Laatste kans Vita:
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Event number: 1: 100M FREESTYLE MEN 11+					Heat:4, starttime: 14:05
Heat: 4/13 Lane : 3 Athlete: MINNOYE TIEBE					Q-time: 01:09:08
PB (25m pool): 01:09.08 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:11.43 SB: 01:09.08 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.89		01:09.08	
	00:32.89		00:36.19		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:5, starttime: 14:07
Heat: 5/13 Lane : 3 Athlete: DE CHAMPS LOïc					Q-time: 01:06:86
PB (25m pool): 01:06.86 TEMSE 23/11/2025					PB (50m pool): 01:10.89 SB: 01:06.86 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.07		01:06.86	
	00:32.07		00:34.79		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:6, starttime: 14:09
Heat: 6/13 Lane : 4 Athlete: HOSTE LARS					Q-time: 01:03:37
PB (25m pool): 01:03.37 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:09.15 SB: 01:03.37 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.62		01:03.37	
	00:30.62		00:32.75		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:7, starttime: 14:10
Heat: 7/13 Lane : 7 Athlete: EL GHAZALI ADAM					Q-time: 01:03:05
PB (25m pool): 01:03.05 TEMSE 23/11/2025					PB (50m pool): 01:05.21 SB: 01:03.05 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.34		01:03.05	
	00:30.34		00:32.71		
					

Coach feedback:

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Event number: 1: 100M FREESTYLE MEN 11+					Heat:9, starttime: 14:13
Heat: 9/13 Lane : 4 Athlete: DEGRANDE LARS					Q-time: 00:58:52
PB (25m pool): 00:58.52 TEMSE 23/11/2025					PB (50m pool): 01:00.90 SB: 00:58.52 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.34		00:58.52	
	00:28.34		00:30.18		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:10, starttime: 14:14
Heat: 10/13 Lane : 7 Athlete: NEYRYNCK TIBO					Q-time: 00:58:17
PB (25m pool): 00:57.64 NIJLEN 18/11/2018					PB (50m pool): 00:59.12 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:57.64	
	no time				
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:11, starttime: 14:16
Heat: 11/13 Lane : 8 Athlete: TIMMERMANS JULES					Q-time: 00:57:11
PB (25m pool): 00:57.11 TEMSE 23/11/2025					PB (50m pool): 00:58.58 SB: 00:57.11 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.49		00:57.11	
	00:27.49		00:29.62		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:22
Heat: 2/12 Lane : 1 Athlete: HERREGODS INE					Q-time: 01:27:55
PB (25m pool): 01:27.55 Sint-Amandsberg 19/10/2025					PB (50m pool): no time SB: 01:27.55 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.96		01:27.55	
	00:41.96		00:45.59		
					

Coach feedback:

Laatste kans Vita:
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Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:26
Heat: 4/12 Lane : 8 Athlete: NGABO ANNABELLE					Q-time: 01:15:77
PB (25m pool): 01:15.77 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:18.47 SB: 01:15.77 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.53		01:15.77	
	00:36.53		00:39.24		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:27
Heat: 5/12 Lane : 2 Athlete: VAN LOO HANNAH					Q-time: 01:12:87
PB (25m pool): 01:12.87 TEMSE 23/11/2025					PB (50m pool): 01:17.43 SB: 01:12.87 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.13		01:12.87	
	00:35.13		00:37.74		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:27
Heat: 5/12 Lane : 5 Athlete: DE WEVER LAURA					Q-time: 01:12:08
PB (25m pool): 01:12.08 Gent 23/02/2025					PB (50m pool): 01:13.43 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.02		01:12.08	
	00:34.02		00:38.06		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:27
Heat: 5/12 Lane : 7 Athlete: DE BOCK AUDE					Q-time: 01:12:90
PB (25m pool): 01:16.22 Eeklo 21/04/2025					PB (50m pool): 01:12.90 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.76		01:16.22	
	00:36.76		00:39.46		
					

Coach feedback:

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

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:29
Heat: 6/12 Lane : 3 Athlete: VAN LOO CHARLOTTE					Q-time: 01:10:48
PB (25m pool): 01:10.48 Sint-Amandsberg 27/10/2024					PB (50m pool): 01:14.55 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.58		01:10.48	
	00:33.58		00:36.90		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:29
Heat: 6/12 Lane : 7 Athlete: RUTTEN LEONIE					Q-time: 01:11:09
PB (25m pool): 01:11.09 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:13.50 SB: 01:11.09 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.94		01:11.09	
	00:33.94		00:37.15		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:31
Heat: 7/12 Lane : 3 Athlete: MENU NINA					Q-time: 01:08:40
PB (25m pool): 01:08.40 TEMSE 23/11/2025					PB (50m pool): 01:10.55 SB: 01:08.40 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.67		01:08.40	
	00:32.67		00:35.73		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:31
Heat: 7/12 Lane : 4 Athlete: VAN BRABANDT MILA					Q-time: 01:08:34
PB (25m pool): 01:08.34 Gent 23/02/2025					PB (50m pool): 01:09.25 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.47		01:08.34	
	00:33.47		00:34.87		
					

Coach feedback:

Laatste kans Vita:
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Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:31
Heat: 7/12 Lane : 5 Athlete: MINNOYE YAANA					Q-time: 01:08:39
PB (25m pool): 01:08.52 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:08.39 SB: 01:08.52 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.50		01:08.52	
	00:32.50		00:36.02		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:32
Heat: 8/12 Lane : 5 Athlete: DEGRANDE AN					Q-time: 01:07:11
PB (25m pool): 01:07.11 TEMSE 23/11/2025					PB (50m pool): 01:09.67 SB: 01:07.11 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.81		01:07.11	
	00:32.81		00:34.30		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:35
Heat: 10/12 Lane : 8 Athlete: HANSELAER ARIANE					Q-time: 01:04:37
PB (25m pool): 01:04.37 Sint-Amandsberg 27/10/2024					PB (50m pool): 01:06.46 SB: 01:07.01 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.12		01:04.37	
	00:31.12		00:33.25		
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 14:55	
Heat: 3/6 Lane : 4 Athlete: DE WEVER ARTHUR							Q-time: 03:30:72	
PB (25m pool): 03:50.61 Sinbad 26/05/2024							PB (50m pool): 03:30.72 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		03:50.61
	no time							
								

Coach feedback:

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Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 14:55	
Heat: 3/6 Lane : 5 Athlete: VEYS ARTHUR							Q-time: 03:46:47	
PB (25m pool): no time			PB (50m pool): 03:46.47 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: 4: 200M BREASTSTROKE MEN 11+							Heat:5, starttime: 15:04	
Heat: 5/6 Lane : 4 Athlete: DEGRANDE LARS							Q-time: 02:47:53	
PB (25m pool): 02:47.53 T ROSCO 20/10/2024				PB (50m pool): 02:57.48 SB: 02:52.73 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		00:35.70		01:18.84		02:04.00		02:47.53
	00:35.70		00:43.14		00:45.16		00:43.53	
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:6, starttime: 15:07	
Heat: 6/6 Lane : 5 Athlete: SLOS ROBBIE							Q-time: 02:29:67	
PB (25m pool): 02:29.67 Gent 09/11/2025				PB (50m pool): 02:38.52 SB: 02:29.67 Gent 09/11/2025				
	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		00:34.41		01:12.24		01:50.74		02:29.67
	00:34.41		00:37.83		00:38.50		00:38.93	
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:6, starttime: 15:07	
Heat: 6/6 Lane : 7 Athlete: VANCAYZEELE THIBAU							Q-time: 02:41:44	
PB (25m pool): 02:41.44 TEMSE 23/11/2025				PB (50m pool): 02:48.59SB: 02:41.44 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		00:36.07		01:17.81		01:59.92		02:41.44
	00:36.07		00:41.74		00:42.11		00:41.52	
								

Coach feedback:

Laatste kans Vita:
 Session: 1:
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Event number: 6: 100M MEDLEY MEN 11+					Heat:1, starttime: 15:31
Heat: 1/7 Lane : 2 Athlete: MINNOYE TIEBE					Q-time: 99:99:99
PB (25m pool): 01:30.35 WAREGEM 24/09/2022					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:30.35	
	no time				
					

Coach feedback:

Event number: 6: 100M MEDLEY MEN 11+					Heat:2, starttime: 15:33
Heat: 2/7 Lane : 6 Athlete: DE CHAMPS LOïc					Q-time: 01:25:37
PB (25m pool): 01:25.37 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	
PB		00:39.24		01:25.37	
	00:39.24 00:46.13				
					

Coach feedback:

Event number: 6: 100M MEDLEY MEN 11+					Heat:2, starttime: 15:33
Heat: 2/7 Lane : 7 Athlete: VAN LOO MATHIAS					Q-time: 01:28:04
PB (25m pool): 01:28.04 Lokeren 29/09/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:28.04	
	no time				
					

Coach feedback:

Event number: 6: 100M MEDLEY MEN 11+					Heat:2, starttime: 15:33
Heat: 2/7 Lane : 8 Athlete: COESSENS KOBÉ					Q-time: 01:41:16
PB (25m pool): 01:41.16 Nijlen 17/11/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:41.16	
	no time				
					

Coach feedback:

Laatste kans Vita:
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Event number: 6: 100M MEDLEY MEN 11+					Heat:3, starttime: 15:35
Heat: 3/7 Lane : 5 Athlete: HOSTE LARS					Q-time: 01:17:94
PB (25m pool): 01:17.94 WAREGEM 27/09/2025					PB (50m pool): no time SB: 01:17.94 WAREGEM 27/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:17.94	
	no time				
					

Coach feedback:

Event number: 6: 100M MEDLEY MEN 11+					Heat:4, starttime: 15:37
Heat: 4/7 Lane : 2 Athlete: EL GHAZALI ADAM					Q-time: 01:15:87
PB (25m pool): 01:15.87 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	
PB		00:33.96		01:15.87	
	00:33.96		00:41.91		
					

Coach feedback:

Event number: 6: 100M MEDLEY MEN 11+					Heat:5, starttime: 15:38
Heat: 5/7 Lane : 2 Athlete: TIMMERMANS JULES					Q-time: 01:12:24
PB (25m pool): 01:12.24 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		01:12.24	
	no time				
					

Coach feedback:

Event number: 6: 100M MEDLEY MEN 11+					Heat:7, starttime: 15:42
Heat: 7/7 Lane : 8 Athlete: NEYRYNCK TIBO					Q-time: 01:05:73
PB (25m pool): 01:05.73 WAREGEM 27/09/2025					PB (50m pool): no time SB: 01:05.73 WAREGEM 27/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:05.73	
	no time				
					

Coach feedback:

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Event number: 7: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 15:43
Heat: 1/9 Lane : 3 Athlete: NGABO ANNABELLE					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 : 4 Athlete: MINNOYE YAANA					Q-time: 99:99:99
PB (25m pool): 01:25.68 DENDERMONDE 26/11/2022 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:25.68	
	no time				
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 15:46
Heat: 2/9 Lane : 3 Athlete: DE GRIEVE ONA					Q-time: 99:99:99
PB (25m pool): 01:32.11 WAREGEM 24/09/2022 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:32.11	
	no time				
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 15:46
Heat: 2/9 Lane : 7 Athlete: DE WEVER LAURA					Q-time: 99:99:99
PB (25m pool): 01:32.57 WAREGEM 24/09/2022 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:32.57	
	no time				
					

Coach feedback:

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Event number: 7: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 15:48
Heat: 3/9 Lane : 4 Athlete: VANCAYZEELE MARGAUX					Q-time: 01:28:24
PB (25m pool): 01:28.24 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	
PB		00:42.43		01:28.24	
	00:42.43		00:45.81		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 15:50
Heat: 4/9 Lane : 1 Athlete: VAN LOO CHARLOTTE					Q-time: 01:27:70
PB (25m pool): 01:27.70 Lokeren 29/09/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:27.70	
	no time				
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 15:52
Heat: 5/9 Lane : 7 Athlete: VAN GHELUE RINSKE					Q-time: 01:21:74
PB (25m pool): 01:21.74 TEMSE 30/03/2025					PB (50m pool): no time SB: 01:22.04 WAREGEM 27/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.38		01:21.74	
	00:39.38		00:42.36		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 15:52
Heat: 5/9 Lane : 8 Athlete: DEGRANDE AN					Q-time: 01:23:10
PB (25m pool): 01:23.10 Eeklo 01/04/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.10	
	no time				
					

Coach feedback:

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Event number: 7: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 15:54
Heat: 6/9 Lane : 6 Athlete: HANSELAER ARIANE					Q-time: 01:17:83
PB (25m pool): 01:17.83 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		01:17.83	
	no time				
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 16:27
Heat: 2/9 Lane : 6 Athlete: COESSENS KOBE					Q-time: 01:29:36
PB (25m pool): 01:29.36 Temse 17/11/2025					PB (50m pool): 01:34.12 SB: 01:29.36 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.23		01:29.36	
	00:44.23 00:45.13				
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 16:27
Heat: 2/9 Lane : 8 Athlete: HELSKENS LEX					Q-time: 01:33:15
PB (25m pool): 01:37.05 Gent 23/02/2025					PB (50m pool): 01:33.15 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.28		01:37.05	
	00:49.28 00:47.77				
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 16:30
Heat: 3/9 Lane : 6 Athlete: VAN LOO MATHIAS					Q-time: 01:24:87
PB (25m pool): 01:28.64 Sint-Amandsberg 27/10/2024					PB (50m pool): 01:24.87 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.28		01:28.64	
	00:43.28 00:45.36				
					

Coach feedback:

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Event number: 11: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 16:36
Heat: 6/9 Lane : 2 Athlete: TIMMERMANS JULES					Q-time: 01:13:44
PB (25m pool): 01:11.38 Diksmuide 19/11/2023					PB (50m pool): 01:13.57 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:11.38	
	no time				
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 16:36
Heat: 6/9 Lane : 5 Athlete: DEGRANDE LARS					Q-time: 01:11:88
PB (25m pool): 01:11.88 Gent 23/02/2025					PB (50m pool): 01:15.36 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.55		01:11.88	
	00:34.55 00:37.33				
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 16:38
Heat: 7/9 Lane : 1 Athlete: VANCAYZEELE THIBAU					Q-time: 01:10:77
PB (25m pool): 01:10.77 Gent 23/02/2025					PB (50m pool): 01:16.62 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.84		01:10.77	
	00:33.84 00:36.93				
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 16:38
Heat: 7/9 Lane : 5 Athlete: NEYRYNCK TIBO					Q-time: 01:09:05
PB (25m pool): 01:09.05 Gent 23/02/2025					PB (50m pool): 01:14.69 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.10		01:09.05	
	00:33.10 00:35.95				
					

Coach feedback:

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

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 16:43
Heat: 1/11 Lane : 3 Athlete: HERREGODS INE					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:3, starttime: 16:49
Heat: 3/11 Lane : 6 Athlete: BRUNET MAXIME					Q-time: 01:35:66
PB (25m pool): 01:35.73 Sinbad 16/03/2025					PB (50m pool): 01:35.66 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.91		01:35.73	
	00:46.91		00:48.82		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 16:53
Heat: 5/11 Lane : 1 Athlete: VAN LOO CHARLOTTE					Q-time: 01:28:66
PB (25m pool): 01:28.66 Sint-Amandsberg 27/10/2024					PB (50m pool): 01:32.26 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.40		01:28.66	
	00:42.40		00:46.26		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 16:53
Heat: 5/11 Lane : 5 Athlete: VANCAYZEELE MARGAUX					Q-time: 01:25:72
PB (25m pool): 01:25.72 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:34.97 SB: 01:25.72 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.56		01:25.72	
	00:41.56		00:44.16		
					

Coach feedback:

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

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 16:55
Heat: 6/11 Lane : 7 Athlete: RUTTEN LEONIE					Q-time: 01:24:48
PB (25m pool): 01:24.48 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:29.39SB: 01:24.48 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.75		01:24.48	
	00:41.75		00:42.73		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 16:58
Heat: 7/11 Lane : 6 Athlete: DE GRIEVE ONA					Q-time: 01:20:81
PB (25m pool): 01:20.81 Sint-Amandsberg 27/10/2024					PB (50m pool): 01:23.09SB: 01:23.95 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.33		01:20.81	
	00:39.33		00:41.48		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 17:00
Heat: 8/11 Lane : 3 Athlete: MINNOYE YAANA					Q-time: 01:15:90
PB (25m pool): 01:15.90 Temse 22/12/2024					PB (50m pool): 01:19.79SB: 01:16.04 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.88		01:15.90	
	00:36.88		00:39.02		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 17:02
Heat: 9/11 Lane : 2 Athlete: DEGRANDE AN					Q-time: 01:14:30
PB (25m pool): 01:14.30 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:18.06SB: 01:14.30 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.18		01:14.30	
	00:36.18		00:38.12		
					

Coach feedback:

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

Event number: 13: 400M MEDLEY MEN 11+							Heat:1, starttime: 17:07	
Heat: 1/2 Lane : 1 Athlete: HOSTE LARS							Q-time: 06:27:37	
PB (25m pool): 06:27.37 T ROSCO 20/10/2024				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		00:41.18		01:31.14		02:16.72		03:02.53
	00:41.18		00:49.96		00:45.58		00:45.81	
								
	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		04:02.27		05:00.89		05:45.22		06:27.37
	00:59.74		00:58.62		00:44.33		00:42.15	
								

Coach feedback:

Event number: 14: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 17:20	
Heat: 1/2 Lane : 3 Athlete: VAN GHELUE RINSKE							Q-time: 06:13:64	
PB (25m pool): 06:13.64 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		00:41.55		01:33.10		02:21.49		03:06.84
	00:41.55		00:51.55		00:48.39		00:45.35	
								
	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		03:55.98		04:46.16		05:31.27		06:13.64
	00:49.14		00:50.18		00:45.11		00:42.37	
								

Coach feedback:

Event number: 14: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 17:20	
Heat: 1/2 Lane : 8 Athlete: VAN LOO HANNAH							Q-time: 06:48:61	
PB (25m pool): 06:48.61 Zottegem 09/03/2025				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		no time		01:39.73		no time		no time
	no time							
								
	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		no time		no time		no time		06:48.61
								

Coach feedback:

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

Event number: 15: 4x50M MEDLEY MEN 11+							Heat:1, starttime: 17:39	
Heat: 1/3 Lane : 3 Athlete: TEAM FIRST 1							Q-time: 02:52:48	
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: 15: 4x50M MEDLEY MEN 11+							Heat:2, starttime: 17:42	
Heat: 2/3 Lane : 7 Athlete: TEAM FIRST 2							Q-time: 02:25:21	
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: 15: 4x50M MEDLEY MEN 11+							Heat:3, starttime: 17:45	
Heat: 3/3 Lane : 1 Athlete: TEAM FIRST 3							Q-time: 02:00:92	
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:2, starttime: 17:51	
Heat: 2/3 Lane : 6 Athlete: TEAM FIRST 1							Q-time: 02:25:57	
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: FIRST

Event number: 16: 4x50M MEDLEY WOMEN 11+							Heat:3, starttime: 17:54	
Heat: 3/3 Lane : 8 Athlete: TEAM FIRST 2							Q-time: 02:20:21	
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: