

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

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

Coaches: Van Goethem Niels

Coaches: Wymeersch Helga HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M FREESTYLE MEN 11+ Heat:8, starttime: 14:11

Heat: 8/13 Lane : 6 Athlete: QUANTEN XANDER Q-time: 01:00:94

PB (25m pool): 01:00.94 Lokeren 29/09/2024 PB (50m pool): 01:02.21 SB: 01:01.49 Dendermonde 22/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:00.94	
	no time				
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+ Heat:10, starttime: 14:14

Heat: 10/13 Lane : 2 Athlete: DE RYCK SEPPE Q-time: 00:58:09

PB (25m pool): 00:58.09 T ROSCO 12/10/2025 PB (50m pool): 01:00.28 SB: 00:58.09 T ROSCO 12/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.45		00:58.09	
	00:28.45		00:29.64		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ Heat:8, starttime: 14:32

Heat: 8/12 Lane : 2 Athlete: VAN PUYVELDE EMMA Q-time: 01:07:23

PB (25m pool): 01:07.23 Temse 22/12/2024 PB (50m pool): 01:09.74 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.55		01:07.23	
	00:32.55		00:34.68		
					

Coach feedback:

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

Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:1, starttime: 14:46	
Heat: 1/6 Lane : 4 Athlete: LARHDIR NAël							Q-time: 99:99:99	
PB (25m pool): 03:47.28 Aartselaar 01/11/2025				PB (50m pool): no time SB: 03:47.28 Aartselaar 01/11/2025				
	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		00:51.85		01:51.19		no time		03:47.28
	00:51.85		00:59.34					
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 14:51	
Heat: 2/6 Lane : 6 Athlete: VAN OEVELEN NOAH							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: 4: 200M BREASTSTROKE MEN 11+							Heat:4, starttime: 15:00	
Heat: 4/6 Lane : 1 Athlete: ROGGMAN VINCENT							Q-time: 03:19:83	
PB (25m pool): 03:19.83 Aartselaar 01/11/2025				PB (50m pool): no time SB: 03:19.83 Aartselaar 01/11/2025				
	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		00:44.44		01:36.66		no time		03:19.83
	00:44.44		00:52.22					
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:5, starttime: 15:04	
Heat: 5/6 Lane : 8 Athlete: LARHDIR RAYAN							Q-time: 03:00:82	
PB (25m pool): 03:00.82 Aartselaar 01/11/2025				PB (50m pool): no time SB: 03:00.82 Aartselaar 01/11/2025				
	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		00:40.61		01:26.67		no time		03:00.82
	00:40.61		00:46.06					
								

Coach feedback:

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

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 15:10	
Heat: 1/5 Lane : 6 Athlete: SCHEERS JASMIJN							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:2, starttime: 15:15	
Heat: 2/5 Lane : 2 Athlete: DHONDT LINE							Q-time: 03:45:59	
PB (25m pool): 03:45.59 Temse 22/12/2024			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		00:51.00		01:49.41		02:48.90		03:45.59
	00:51.00		00:58.41		00:59.49		00:56.69	
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:15	
Heat: 2/5 Lane : 5 Athlete: VANDECASTEELE MARTHE							Q-time: 03:39:85	
PB (25m pool): 03:39.85 Aartselaar 01/11/2025			PB (50m pool): no time SB: 03:39.85 Aartselaar 01/11/2025					
	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		00:50.69		01:46.76		no time		03:39.85
	00:50.69		00:56.07					
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 15:19	
Heat: 3/5 Lane : 4 Athlete: VERHOFSTEDE LENA							Q-time: 03:23:35	
PB (25m pool): 03:23.35 Sinbad 26/05/2024			PB (50m pool): 03:24.30 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		03:23.35
	no time							
								

Coach feedback:

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Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 15:19	
Heat: 3/5 Lane : 6 Athlete: LEFEBRE ELENA							Q-time: 03:26:50	
PB (25m pool): 03:26.50 Temse 22/12/2024				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		00:46.43		01:37.91		02:32.99		03:26.50
	00:46.43		00:51.48		00:55.08		00:53.51	
								

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+							Heat:6, starttime: 15:54	
Heat: 6/9 Lane : 7 Athlete: VINCK ELISE							Q-time: 01:18:23	
PB (25m pool): 01:18.23 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		01:18.23				
	no time							
								

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+							Heat:7, starttime: 15:55			
Heat: 7/9 Lane : 3 Athlete: HOTTINGER NYAH							Q-time: 01:14:06			
PB (25m pool): 01:14.06 Dendermonde 22/11/2025				PB (50m pool): no time SB: 01:14.06 Dendermonde 22/11/2025						
	2 5 M		5 0 M		7 5 M		1 0 0 M			
PB			no time				01:14.06			
	no time									
										

Coach feedback:

Event number: 8: 200M BUTTERFLY MEN 11+							Heat:2, starttime: 16:04	
Heat: 2/3 Lane : 2 Athlete: DE RYCK SEPPE							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:

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

Event number: 9: 200M BUTTERFLY WOMEN 11+							Heat:2, starttime: 16:15	
Heat: 2/2 Lane : 8 Athlete: HOTTINGER NYAH							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: 11: 100M BACKSTROKE MEN 11+							Heat:1, starttime: 16:25	
Heat: 1/9 Lane : 1 Athlete: ROGGEMAN VINCENT							Q-time: 99:99:99	
PB (25m pool): 01:29.90 Kapellen 01/06/2025				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:42.65		01:29.90				
	00:42.65		00:47.25					
								

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+							Heat:1, starttime: 16:25	
Heat: 1/9 Lane : 2 Athlete: LARHDIR NAël							Q-time: 99:99:99	
PB (25m pool): 01:43.03 Lokeren 05/04/2025							PB (50m pool): no time SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:50.46		01:43.03				
	00:50.46		00:52.57					
								

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+							Heat:3, starttime: 16:30	
Heat: 3/9 Lane : 8 Athlete: LARHDIR RAYAN							Q-time: 01:26:65	
PB (25m pool): 01:26.65 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		00:41.98		01:26.65				
	00:41.98		00:44.67					
								

Coach feedback:

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Event number: 11: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 16:32
Heat: 4/9 Lane : 7 Athlete: QUANTEN XANDER					Q-time: 01:21:16
PB (25m pool): 01:33.53 Berchem 24/10/2021					PB (50m pool): 01:23.63 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:33.53	
	no time				
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 16:34
Heat: 5/9 Lane : 5 Athlete: VAN OEVELEN NOAH					Q-time: 01:15:38
PB (25m pool): 01:15.38 Aartselaar 01/11/2025					PB (50m pool): no time SB: 01:15.38 Aartselaar 01/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.57		01:15.38	
	00:36.57 00:38.81				
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 16:43
Heat: 1/11 Lane : 2 Athlete: VANDECASTEELE MARTHE					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 : 1 Athlete: DHONDT LINE					Q-time: 01:36:93
PB (25m pool): 01:36.93 Lokeren 05/04/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.32		01:36.93	
	00:48.32 00:48.61				
					

Coach feedback:

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

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 16:49
Heat: 3/11 Lane : 3 Athlete: SCHEERS JASMIJN					Q-time: 01:33:33
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:4, starttime: 16:51
Heat: 4/11 Lane : 5 Athlete: LEFEBRE ELENA					Q-time: 01:30:62
PB (25m pool): 01:30.62 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		00:45.49		01:30.62	
	00:45.49		00:45.13		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 16:58
Heat: 7/11 Lane : 3 Athlete: VERHOFSTEDE LENA					Q-time: 01:20:78
PB (25m pool): 01:20.78 Sint-Amandsberg 19/10/2025 PB (50m pool): 01:25.16 SB: 01:20.78 Sint-Amandsberg 19/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.19		01:20.78	
	00:39.19		00:41.59		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 17:02
Heat: 9/11 Lane : 8 Athlete: VINCK ELISE					Q-time: 01:15:09
PB (25m pool): 01:15.09 Lokeren 05/04/2025 PB (50m pool): 01:17.05 SB: 01:15.21 Aartselaar 01/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.94		01:15.09	
	00:35.94		00:39.15		
					

Coach feedback:

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

Event number: 15: 4x50M MEDLEY MEN 11+							Heat:1, starttime: 17:39	
Heat: 1/3 Lane : 6 Athlete: TEAM GBZ 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:

Event number: 16: 4x50M MEDLEY WOMEN 11+							Heat:1, starttime: 17:48	
Heat: 1/3 Lane : 2 Athlete: TEAM GBZ 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: