

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

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

Coaches: Van Mieghem Evelien HEADCOACH

Coaches: Felies JÃ¼rgen

Coaches: Lammens Tim

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 : 8 Athlete: YILDIZ AMMAR					Q-time: 01:25:01
PB (25m pool): 01:25.01 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:33.23 SB: 01:25.01 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.45		01:25.01	
	00:39.45		00:45.56		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:4, starttime: 14:05
Heat: 4/13 Lane : 6 Athlete: DE RYBEL ANTHONY					Q-time: 01:09:64
PB (25m pool): 01:09.64 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:14.61 SB: 01:09.64 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.49		01:09.64	
	00:33.49		00:36.15		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:4, starttime: 14:05
Heat: 4/13 Lane : 8 Athlete: ROGIERS LUCAS					Q-time: 01:10:70
PB (25m pool): 01:10.70 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:15.93 SB: 01:10.70 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.15		01:10.70	
	00:34.15		00:36.55		
					

Coach feedback:

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

Event number: 1: 100M FREESTYLE MEN 11+					Heat:5, starttime: 14:07
Heat: 5/13 Lane : 4 Athlete: ROGIERS LOUIS					Q-time: 01:05:74
PB (25m pool): 01:05.74 TEMSE 23/11/2025					PB (50m pool): 01:08.47 SB: 01:05.74 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.37		01:05.74	
	00:31.37		00:34.37		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:7, starttime: 14:10
Heat: 7/13 Lane : 4 Athlete: VAN ACHTER MAURO					Q-time: 01:02:19
PB (25m pool): 01:02.19 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:05.05 SB: 01:02.19 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.71		01:02.19	
	00:29.71		00:32.48		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:8, starttime: 14:11
Heat: 8/13 Lane : 1 Athlete: VERHENNE TIM					Q-time: 01:01:59
PB (25m pool): 01:01.59 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:05.70 SB: 01:01.59 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.86		01:01.59	
	00:29.86		00:31.73		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:8, starttime: 14:11
Heat: 8/13 Lane : 3 Athlete: LAMMENS XANDER					Q-time: 01:00:89
PB (25m pool): 01:00.62 Eeklo 16/10/2022					PB (50m pool): 01:02.18 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:00.62	
	no time				
					

Coach feedback:

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

Event number: 1: 100M FREESTYLE MEN 11+					Heat:8, starttime: 14:11
Heat: 8/13 Lane : 4 Athlete: VAN LAERE JUUL					Q-time: 01:00:27
PB (25m pool): 01:00.27 Temse 17/11/2025					PB (50m pool): 01:03.07 SB: 01:00.27 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.75		01:00.27	
	00:28.75		00:31.52		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:9, starttime: 14:13
Heat: 9/13 Lane : 5 Athlete: FELIES JARNE					Q-time: 00:58:54
PB (25m pool): 00:58.54 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:00.87 SB: 00:58.54 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.80		00:58.54	
	00:27.80		00:30.74		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:12, starttime: 14:17
Heat: 12/13 Lane : 3 Athlete: GOOSSENS TORSTEN					Q-time: 00:54:56
PB (25m pool): 00:54.56 Temse 23/12/2023					PB (50m pool): 00:58.67 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:54.56	
	no time				
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:20
Heat: 1/12 Lane : 2 Athlete: BOGAERT TIRZA					Q-time: 01:41:35
PB (25m pool): 01:41.35 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:42.40 SB: 01:41.35 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.07		01:41.35	
	00:48.07		00:53.28		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:20
Heat: 1/12 Lane : 3 Athlete: VAN SLYCKEN LOUISE					Q-time: 01:30:34
PB (25m pool): no time PB (50m pool): 01:30.34 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:2, starttime: 14:22
Heat: 2/12 Lane : 6 Athlete: PHILIPS NOé					Q-time: 01:25:65
PB (25m pool): 01:25.65 Temse 22/12/2024 PB (50m pool): 01:28.80 SB: 01:30.25 Lokeren 28/09/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.88		01:25.65	
	00:38.88		00:46.77		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:22
Heat: 2/12 Lane : 8 Athlete: VAN ACHTER JUNE					Q-time: 01:27:71
PB (25m pool): 01:27.71 Sint-Amandsberg 19/10/2025 PB (50m pool): 01:30.86 SB: 01:27.71 Sint-Amandsberg 19/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.97		01:27.71	
	00:42.97		00:44.74		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:29
Heat: 6/12 Lane : 8 Athlete: BOGAERT AMANI					Q-time: 01:11:92
PB (25m pool): 01:11.92 TEMSE 23/11/2025 PB (50m pool): 01:15.77 SB: 01:11.92 TEMSE 23/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.54		01:11.92	
	00:35.54		00:36.38		
					

Coach feedback:

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

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:34
Heat: 9/12 Lane : 6 Athlete: JACOBS EVA					Q-time: 01:05:92
PB (25m pool): 01:05.92 Lokeren 05/04/2025					PB (50m pool): 01:08.11 SB: 01:06.74 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.55		01:05.92	
	00:31.55		00:34.37		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:34
Heat: 9/12 Lane : 7 Athlete: LAMMENS ALIX					Q-time: 01:06:19
PB (25m pool): 01:06.19 Temse 17/11/2025					PB (50m pool): 01:08.60 SB: 01:06.19 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.76		01:06.19	
	00:31.76		00:34.43		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 14:38
Heat: 12/12 Lane : 7 Athlete: JACOBS ELLA					Q-time: 00:58:72
PB (25m pool): 00:58.72 Gent 09/11/2025					PB (50m pool): 01:01.04 SB: 00:58.72 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.56		00:58.72	
	00:28.56		00:30.16		
					

Coach feedback:

Event number: 3: 100M MEDLEY MIXED 10-9					Heat:3, starttime: 14:44
Heat: 3/3 Lane : 1 Athlete: ROGIERS LOTTE					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: LZV

Event number: 3: 100M MEDLEY MIXED 10-9					Heat:3, starttime: 14:44
Heat: 3/3 Lane : 8 Athlete: DE NIL KAAT					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: 6: 100M MEDLEY MEN 11+					Heat:3, starttime: 15:35
Heat: 3/7 Lane : 2 Athlete: FELIES JARNE					Q-time: 01:18:93
PB (25m pool): 01:18.93 Lokeren 20/02/2022 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:18.93	
	no time				
					

Coach feedback:

Event number: 6: 100M MEDLEY MEN 11+					Heat:5, starttime: 15:38
Heat: 5/7 Lane : 5 Athlete: LAMMENS XANDER					Q-time: 01:10:26
PB (25m pool): 01:09.14 Temse 23/12/2023 PB (50m pool): no time SB: 01:10.26 Lokeren 28/09/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:09.14	
	no time				
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 15:50
Heat: 4/9 Lane : 6 Athlete: JACOBS EVA					Q-time: 01:25:25
PB (25m pool): 01:25.25 Temse 23/12/2023 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:25.25	
	no time				
					

Coach feedback:

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

Event number: 8: 200M BUTTERFLY MEN 11+							Heat:1, starttime: 16:00	
Heat: 1/3 Lane : 1 Athlete: VERHENNE TIM							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: 8: 200M BUTTERFLY MEN 11+							Heat:2, starttime: 16:04	
Heat: 2/3 Lane : 1 Athlete: ROGIERS LOUIS							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: 8: 200M BUTTERFLY MEN 11+							Heat:3, starttime: 16:08	
Heat: 3/3 Lane : 8 Athlete: VAN ACHTER MAURO							Q-time: 02:49:80	
PB (25m pool): 02:49.80 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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.31		01:20.73		02:07.05		02:49.80
	00:35.31		00:45.42		00:46.32		00:42.75	
								

Coach feedback:

Event number: 9: 200M BUTTERFLY WOMEN 11+							Heat:1, starttime: 16:12	
Heat: 1/2 Lane : 6 Athlete: LAMMENS ALIX							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: LZV

Event number: 10: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 16:21
Heat: 2/3 Lane : 6 Athlete: DE NIL KAAT					Q-time: 01:37:20
PB (25m pool): 01:37.20 Lokeren 28/09/2025					PB (50m pool): 01:33.69 SB: 01:37.20 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.46		01:37.20	
	00:45.46		00:51.74		
					

Coach feedback:

Event number: 10: 100M FREESTYLE MIXED 10-9					Heat:3, starttime: 16:23
Heat: 3/3 Lane : 6 Athlete: ROGIERS LOTTE					Q-time: 01:23:86
PB (25m pool): 01:23.86 Lokeren 28/09/2025					PB (50m pool): 01:35.64 SB: 01:23.86 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.06		01:23.86	
	00:41.06		00:42.80		
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 16:25
Heat: 1/9 Lane : 6 Athlete: YILDIZ AMMAR					Q-time: 01:46:23
PB (25m pool): no time					PB (50m pool): 01:46.23 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: 11: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 16:32
Heat: 4/9 Lane : 4 Athlete: DE RYBEL ANTHONY					Q-time: 01:19:62
PB (25m pool): 01:19.62 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:23.44 SB: 01:19.62 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.23		01:19.62	
	00:38.23		00:41.39		
					

Coach feedback:

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

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 16:32
Heat: 4/9 Lane : 5 Athlete: ROGIERS LUCAS					Q-time: 01:20:51
PB (25m pool): 01:20.51 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:26.61 SB: 01:20.51 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.45		01:20.51	
	00:40.45		00:40.06		
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 16:38
Heat: 7/9 Lane : 7 Athlete: VAN LAERE JUUL					Q-time: 01:10:70
PB (25m pool): 00:39.26 Temse 12/03/2023			PB (50m pool): 01:15.06 SB: 01:10.70 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:39.26	
	no time				
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:9, starttime: 16:42
Heat: 9/9 Lane : 6 Athlete: GOOSSENS TORSTEN					Q-time: 00:59:06
PB (25m pool): 00:58.53 Temse 23/12/2023			PB (50m pool): 01:01.67 SB: 00:59.06 Gent 09/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:58.53	
	no time				
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 16:43
Heat: 1/11 Lane : 5 Athlete: VAN SLYCKEN LOUISE					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: LZV

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 16:46
Heat: 2/11 Lane : 1 Athlete: BOGAERT TIRZA					Q-time: 01:46:24
PB (25m pool): 01:46.24 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:53.17 SB: 01:46.24 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:46.24	
	no time				
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 16:46
Heat: 2/11 Lane : 2 Athlete: PHILIPS NOé					Q-time: 01:43:44
PB (25m pool): 01:43.44 TEMSE 30/03/2025					PB (50m pool): 01:56.32 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.79		01:43.44	
	00:50.79 00:52.65				
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 16:46
Heat: 2/11 Lane : 7 Athlete: VAN ACHTER JUNE					Q-time: 01:43:99
PB (25m pool): 01:43.99 TEMSE 30/03/2025					PB (50m pool): 01:52.83 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.06		01:43.99	
	00:51.06 00:52.93				
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 16:55
Heat: 6/11 Lane : 5 Athlete: BOGAERT AMANI					Q-time: 01:22:20
PB (25m pool): 01:22.20 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:36.71 SB: 01:22.20 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.06		01:22.20	
	00:40.06 00:42.14				
					

Coach feedback:

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

Event number: 15: 4x50M MEDLEY MEN 11+							Heat:3, starttime: 17:45	
Heat: 3/3 Lane : 6 Athlete: TEAM LZV 1							Q-time: 01:57:77	
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 : 3 Athlete: TEAM LZV 1							Q-time: 02:25:45	
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: