

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

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

Coaches: De Letter Gerard

Coaches: De Pauw Bieke HEADCOACH

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 : 3 Athlete: HEYNZE LASSE Q-time: 01:18:75

PB (25m pool): 01:18.75 Lokeren 28/09/2025 PB (50m pool): 01:20.05 SB: 01:18.75 Lokeren 28/09/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.86		01:18.75	
		00:38.86		00:39.89	
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ Heat:1, starttime: 14:20

Heat: 1/12 Lane : 4 Athlete: WINDHEY FIEN Q-time: 01:28:44

PB (25m pool): 01:28.98 Zottegem 09/03/2025 PB (50m pool): 01:33.45 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.24		01:28.98	
		00:43.24		00:45.74	
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ Heat:3, starttime: 14:24

Heat: 3/12 Lane : 7 Athlete: MAES LENA Q-time: 01:18:12

PB (25m pool): 01:18.12 Liedekerke 11/11/2025 PB (50m pool): 01:24.34 SB: 01:18.12 Liedekerke 11/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.22		01:18.12	
		00:37.22		00:40.90	
					

Coach feedback:

Laatste kans Vita:
 Session: 1:
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Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:27
Heat: 5/12 Lane : 6 Athlete: DE MAEIJER ELENA					Q-time: 01:12:74
PB (25m pool): 01:12.74 Liedekerke 11/11/2025					PB (50m pool): 01:13.38 SB: 01:12.74 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.92		01:12.74	
	00:34.92		00:37.82		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:31
Heat: 7/12 Lane : 2 Athlete: Taelman Yade					Q-time: 01:08:66
PB (25m pool): 01:08.66 Temse 17/11/2025					PB (50m pool): 01:09.60 SB: 01:08.66 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.38		01:08.66	
	00:33.38		00:35.28		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:32
Heat: 8/12 Lane : 1 Athlete: Colpaert Julie					Q-time: 01:07:58
PB (25m pool): 01:07.58 Liedekerke 11/11/2025					PB (50m pool): 01:10.22 SB: 01:07.58 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.07		01:07.58	
	00:33.07		00:34.51		
					

Coach feedback:

Event number: 3: 100M MEDLEY MIXED 10-9					Heat:2, starttime: 14:42
Heat: 2/3 Lane : 6 Athlete: Martens Estee					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: 3: 100M MEDLEY MIXED 10-9					Heat:3, starttime: 14:44
Heat: 3/3 Lane : 6 Athlete: COLPAERT LEONIE					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: 4: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 14:51	
Heat: 2/6 Lane : 4 Athlete: VAN RAEMDONCK SIEBE							Q-time: 99:99:99	
PB (25m pool): 03:52.03 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		03:52.03
	no time							
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 14:51	
Heat: 2/6 Lane : 7 Athlete: HEYNZE OTIS							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:1, starttime: 15:10	
Heat: 1/5 Lane : 2 Athlete: DE LETTER LINDE							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:

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Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:15	
Heat: 2/5 Lane : 3 Athlete: DE MAEIJER ELENA							Q-time: 03:43:41	
PB (25m pool): 03:43.41 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		00:48.84		01:47.89		02:46.63		03:43.41
	00:48.84		00:59.05		00:58.74		00:56.78	
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:15	
Heat: 2/5 Lane : 6 Athlete: COWIE LORE							Q-time: 03:44:76	
PB (25m pool): 03:44.76 Aartselaar 01/11/2024				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		00:50.70		01:48.45		no time		03:44.76
	00:50.70		00:57.75					
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 15:19	
Heat: 3/5 Lane : 1 Athlete: THIELEMANS MAXINE							Q-time: 03:28:49	
PB (25m pool): 03:28.49 Temse 22/12/2024				PB (50m pool): 03:28.54 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		00:48.21		01:42.93		02:36.34		03:28.49
	00:48.21		00:54.72		00:53.41		00:52.15	
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 15:19	
Heat: 3/5 Lane : 2 Athlete: DE MEY AURORA							Q-time: 03:26:69	
PB (25m pool): 03:26.69 Lokeren 05/04/2025				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		00:46.68		01:38.93		02:32.47		03:26.69
	00:46.68		00:52.25		00:53.54		00:54.22	
								

Coach feedback:

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Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 15:19	
Heat: 3/5 Lane : 5 Athlete: DE WINTER LORE							Q-time: 03:23:89	
PB (25m pool): 03:23.89 Zottegem 09/03/2025				PB (50m pool): 03:20.78 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		00:44.68		01:35.61		no time		03:23.89
	00:44.68		00:50.93					
								

Coach feedback:

Event number: 6: 100M MEDLEY MEN 11+										Heat:3, starttime: 15:35	
Heat: 3/7 Lane : 1 Athlete: Taelman Yann										Q-time: 01:19:56	
PB (25m pool): 01:19.56 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				01:19.56				
	no time										
											

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+							Heat:3, starttime: 15:48	
Heat: 3/9 Lane : 1 Athlete: WINDHEY FIEN							Q-time: 01:37:17	
PB (25m pool): 01:37.17 Lokeren 28/09/2025				PB (50m pool): no time SB: 01:37.17 Lokeren 28/09/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:45.67		01:37.17				
	00:45.67		00:51.50					
								

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+										Heat:5, starttime: 15:52	
Heat: 5/9 Lane : 6 Athlete: HAENTJENS YUNA										Q-time: 01:20:67	
PB (25m pool): 01:19.21 WAREGEM 30/09/2023										PB (50m pool): no time SB: 01:24.57 Lokeren 28/09/2025	
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			no time				01:19.21				
	no time										
											

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Event number: 8: 200M BUTTERFLY MEN 11+							Heat:1, starttime: 16:00	
Heat: 1/3 Lane : 7 Athlete: HEYNZE LASSE							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 : 3 Athlete: HEYNZE OTIS							Q-time: 03:33:65	
PB (25m pool): 03:33.65 Sint-Amandsberg 19/10/2025			PB (50m pool): no time SB: 03:33.65 Sint-Amandsberg 19/10/2025					
	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		00:46.15		01:41.02		02:39.40		03:33.65
	00:46.15		00:54.87		00:58.38		00:54.25	
								

Coach feedback:

Event number: 10: 100M FREESTYLE MIXED 10-9										Heat:2, starttime: 16:21	
Heat: 2/3 Lane : 2 Athlete: COLPAERT LEONIE										Q-time: 01:39:06	
PB (25m pool): 01:39.06 Lokeren 28/09/2025										PB (50m pool): 01:42.66 SB: 01:39.06 Lokeren 28/09/2025	
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:47.33				01:39.06				
	00:47.33				00:51.73						
											

Coach feedback:

Event number: 10: 100M FREESTYLE MIXED 10-9										Heat:3, starttime: 16:23	
Heat: 3/3 Lane : 7 Athlete: MARTENS ESTEE										Q-time: 01:29:31	
PB (25m pool): 01:29.31 Liedekerke 11/11/2025					PB (50m pool): 01:36.02 SB: 01:29.31 Liedekerke 11/11/2025						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:42.07				01:29.31				
			00:42.07				00:47.24				
											

Coach feedback:

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Event number: 11: 100M BACKSTROKE MEN 11+				Heat:5, starttime: 16:34	
Heat: 5/9 Lane : 7 Athlete: VAN RAEMDONCK SIEBE				Q-time: 01:18:82	
PB (25m pool): 01:20.21 Temse 22/12/2024				PB (50m pool): 01:17.76 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.68		01:20.21	
	00:38.68		00:41.53		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+				Heat:4, starttime: 16:51	
Heat: 4/11 Lane : 2 Athlete: MAES LENA				Q-time: 01:31:08	
PB (25m pool): 01:31.08 WAREGEM 21/04/2025				PB (50m pool): no time SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.49		01:31.08	
	00:45.49		00:45.59		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+				Heat:4, starttime: 16:51	
Heat: 4/11 Lane : 3 Athlete: THIELEMANS MAXINE				Q-time: 01:30:92	
PB (25m pool): 01:31.25 TEMSE 30/03/2025				PB (50m pool): 01:33.20 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.71		01:31.25	
	00:44.71		00:46.54		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+				Heat:6, starttime: 16:55	
Heat: 6/11 Lane : 2 Athlete: DE LETTER LINDE				Q-time: 01:23:18	
PB (25m pool): 01:23.18 Sint-Amandsberg 19/10/2025				PB (50m pool): 01:25.84 SB: 01:23.18 Sint-Amandsberg 19/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.06		01:23.18	
	00:41.06		00:42.12		
					

Coach feedback:

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Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 16:55
Heat: 6/11 Lane : 3 Athlete: COWIE LORE					Q-time: 01:22:45
PB (25m pool): 01:22.45 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:25.20 SB: 01:22.45 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.72		01:22.45	
	00:40.72		00:41.73		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 16:55
Heat: 6/11 Lane : 4 Athlete: COLPAERT JULIE					Q-time: 01:22:01
PB (25m pool): 01:22.01 Zottegem 09/03/2025					PB (50m pool): 01:23.67 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:22.01	
	no time				
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 16:55
Heat: 6/11 Lane : 6 Athlete: DE WINTER LORE					Q-time: 01:22:51
PB (25m pool): 01:22.51 Lokeren 28/09/2025					PB (50m pool): 01:24.75 SB: 01:22.51 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.62		01:22.51	
	00:39.62		00:42.89		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 16:58
Heat: 7/11 Lane : 4 Athlete: HAENTJENS YUNA					Q-time: 01:18:89
PB (25m pool): 01:18.89 TEMSE 30/03/2025					PB (50m pool): 01:21.33 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.41		01:18.89	
	00:38.41		00:40.48		
					

Coach feedback:

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Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 16:58
Heat: 7/11 Lane : 8 Athlete: DE MEY AURORA					Q-time: 01:21:96
PB (25m pool): 01:21.96 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:28.94 SB: 01:21.96 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.09		01:21.96	
	00:40.09		00:41.87		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 17:00
Heat: 8/11 Lane : 5 Athlete: Taelman Yade					Q-time: 01:15:63
PB (25m pool): 01:15.63 Temse 17/11/2025					PB (50m pool): 01:19.07 SB: 01:15.63 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.58		01:15.63	
	00:37.58		00:38.05		
					

Coach feedback: