

Allerlaatste kans: Session: 1: COACH evaluation sheet for TEAM: DZO

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

Coaches: Hofman Jeroen HEADCOACH

PB => Personal Best time

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

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:2, starttime:	
Heat: 2/7 Lane : 2 Athlete: CEULEMANS AMINA							Q-time: 03:23:65	
PB (25m pool): 03:23.65 Sinbad 05/10/2025				PB (50m pool): 03:23.71SB: 03:23.65 Sinbad 05/10/2025				
	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		00:46.47		no time		no time		03:23.65
	00:46.47							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:3, starttime:	
Heat: 3/7 Lane : 4 Athlete: HOFMAN ROSE							Q-time: 03:03:55	
PB (25m pool): 03:03.55 Sinbad 05/10/2025				PB (50m pool): 03:05.58 SB: 03:03.55 Sinbad 05/10/2025				
	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		00:44.75		no time		no time		03:03.55
	00:44.75							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:3, starttime:	
Heat: 3/7 Lane : 8 Athlete: HOFMAN LILY							Q-time: 03:13:25	
PB (25m pool): 03:13.25 Sinbad 05/10/2025				PB (50m pool): 03:13.31 SB: 03:13.25 Sinbad 05/10/2025				
	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		00:48.17		no time		no time		03:13.25
	00:48.17							
								

Coach feedback:

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Event number: 2: 200M MEDLEY WOMEN 11+							Heat:4, starttime:	
Heat: 4/7 Lane : 8 Athlete: VAN BIESEN ELLA							Q-time: 02:57:99	
PB (25m pool): 02:57.99 Sinbad 05/10/2025				PB (50m pool): 02:59.95 SB: 02:57.99 Sinbad 05/10/2025				
	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		00:39.69		no time		no time		02:57.99
	00:39.69							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:3, starttime:	
Heat: 3/5 Lane : 4 Athlete: VAN DEN ABEELE TOON							Q-time: 02:39:85	
PB (25m pool): 02:39.85 Sinbad 05/10/2025				PB (50m pool): 03:07.34SB: 02:39.85 Sinbad 05/10/2025				
	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		00:34.26		no time		no time		02:39.85
	00:34.26							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:3, starttime:	
Heat: 3/5 Lane : 5 Athlete: HOFMAN OTIS							Q-time: 02:40:06	
PB (25m pool): 02:40.06 Sinbad 05/10/2025				PB (50m pool): 02:49.00SB: 02:40.06 Sinbad 05/10/2025				
	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		00:35.31		no time		no time		02:40.06
	00:35.31							
								

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime:
Heat: 2/6 Lane : 1 Athlete: JANSSENS ANNELOE				Q-time: 01:49:69	
PB (25m pool): 01:49.69 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		00:51.94		01:49.69	
	00:51.94		00:57.75		
					

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime:
Heat: 2/6 Lane : 6 Athlete: VAN GEERT MARTHE					Q-time: 01:45:92
PB (25m pool): 01:45.92 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:47.16 SB: 01:45.92 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.87		01:45.92	
	00:49.87		00:56.05		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime:
Heat: 3/6 Lane : 6 Athlete: CEULEMANS AMINA					Q-time: 01:37:61
PB (25m pool): 01:37.61 Lokeren 28/09/2025					PB (50m pool): 01:36.71 SB: 01:37.61 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.22		01:37.61	
	00:46.22		00:51.39		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime:
Heat: 4/6 Lane : 2 Athlete: VAN HAUWERMEIREN EMMA					Q-time: 01:33:03
PB (25m pool): 01:33.03 Lokeren 28/09/2025					PB (50m pool): 01:37.57 SB: 01:33.03 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.95		01:33.03	
	00:44.95		00:48.08		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime:
Heat: 4/6 Lane : 7 Athlete: VANDEN BERGHE YANA					Q-time: 01:34:83
PB (25m pool): 01:34.83 Sint-Amandsberg 27/10/2024					PB (50m pool): 01:33.48 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.86		01:34.83	
	00:43.86		00:50.97		
					

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:1, starttime:
Heat: 1/5 Lane : 3 Athlete: CLEYNENS STAF					Q-time: 01:48:48
PB (25m pool): 01:48.48 Lokeren 28/09/2025					PB (50m pool): 01:48.46 SB: 01:48.48 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.50		01:48.48	
	00:52.50		00:55.98		
					

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+							Heat:2, starttime:	
Heat: 2/4 Lane : 6 Athlete: VAN GEERT MARTHE							Q-time: 02:52:95	
PB (25m pool): 02:52.95 Dendermonde. 22/11/2025				PB (50m pool): 02:53.55SB: 02:52.95 Dendermonde. 22/11/2025				
	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		00:39.15		01:23.27		no time		02:52.95
	00:39.15		00:44.12					
								

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+							Heat:2, starttime:	
Heat: 2/4 Lane : 7 Athlete: JANSSENS ANNELOE							Q-time: 03:09:31	
PB (25m pool): 03:09.31 Dendermonde. 22/11/2025				PB (50m pool): 03:24.96SB: 03:09.31 Dendermonde. 22/11/2025				
	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		00:43.94		01:32.21		no time		03:09.31
	00:43.94		00:48.27					
								

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+							Heat:1, starttime:	
Heat: 1/4 Lane : 4 Athlete: CLEYNENS STAF							Q-time: 02:56:80	
PB (25m pool): 02:56.80 Dendermonde. 22/11/2025				PB (50m pool): 03:11.15SB: 02:56.80 Dendermonde. 22/11/2025				
	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		00:41.47		01:27.57		no time		02:56.80
	00:41.47		00:46.10					
								

Coach feedback:

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Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime:
Heat: 3/4 Lane : 8 Athlete: VANDEN BERGHE YANA					Q-time: 01:23:50
PB (25m pool): 01:23.50 Lokeren 28/09/2025					PB (50m pool): no time SB: 01:23.50 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.25		01:23.50	
	00:38.25		00:45.25		
					

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+					Heat:3, starttime:
Heat: 3/4 Lane : 5 Athlete: VAN DEN ABBEELE TOON					Q-time: 01:13:76
PB (25m pool): 01:13.76 Sinbad 05/10/2025					PB (50m pool): 01:16.80 SB: 01:13.76 Sinbad 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.48		01:13.76	
	00:34.48		00:39.28		
					

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime:	
Heat: 3/4 Lane : 2 Athlete: VAN HAUWERMEIREN EMMA							Q-time: 02:58:36	
PB (25m pool): 03:14.78 Sinbad 30/12/2023				PB (50m pool): 02:58.36SB: 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		03:14.78
	no time							
								

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime:	
Heat: 3/4 Lane : 3 Athlete: HOFMAN ROSE							Q-time: 02:54:78	
PB (25m pool): 02:54.78 Aartselaar 01/11/2025				PB (50m pool): 03:06.39SB: 02:54.78 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		00:41.75		01:26.40		no time		02:54.78
	00:41.75		00:44.65					
								

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Event number: 11: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime:	
Heat: 3/4 Lane : 7 Athlete: HOFMAN LILY							Q-time: 02:59:68	
PB (25m pool): 02:59.68 Aartselaar 01/11/2025				PB (50m pool): 03:15.18SB: 02:59.68 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		00:42.72		01:28.32		no time		02:59.68
	00:42.72		00:45.60					
								

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime:	
Heat: 3/4 Lane : 8 Athlete: VAN BIESEN ELLA							Q-time: 03:06:13	
PB (25m pool): 03:06.13 Sinbad 29/12/2024				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		00:44.49		01:31.30		no time		03:06.13
	00:44.49		00:46.81					
								

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+							Heat:3, starttime:	
Heat: 3/3 Lane : 2 Athlete: HOFMAN OTIS							Q-time: 02:27:17	
PB (25m pool): 02:27.17 Lokeren 28/09/2025				PB (50m pool): 02:31.78SB: 02:27.17 Lokeren 28/09/2025				
	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		00:34.33		01:11.17		01:49.13		02:27.17
	00:34.33		00:36.84		00:37.96		00:38.04	
								

Coach feedback:

Event number: 13: 4x50M FREESTYLE WOMEN 11+							Heat:1, starttime:	
Heat: 1/2 Lane : 4 Athlete: TEAM DZO 1							Q-time: 02:23:36	
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:

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Event number: 13: 4x50M FREESTYLE WOMEN 11+							Heat:2, starttime:	
Heat: 2/2 Lane : 1 Athlete: TEAM DZO 2							Q-time: 02:12:57	
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: