

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

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

Coaches: Jacob Maarten

Coaches: Wymeersch Helga 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 : 5 Athlete: SCHEERS JASMIJN						Q-time: 03:14:31		
PB (25m pool): 03:14.31 Sinbad 05/10/2025			PB (50m pool): no time SB: 03:14.31 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		00:39.77		no time		no time		03:14.31
	00:39.77							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+						Heat:6, starttime:		
Heat: 6/7 Lane : 8 Athlete: THIELMAN PAULIEN						Q-time: 02:43:51		
PB (25m pool): 02:43.51 TEMSE 18/05/2025			PB (50m pool): 02:47.32 SB: 02:43.74 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		00:33.51		01:13.93		02:07.05		02:43.51
	00:33.51		00:40.42		00:53.12		00:36.46	
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+						Heat:5, starttime:		
Heat: 5/5 Lane : 6 Athlete: DE RYCK SEPPE						Q-time: 02:22:89		
PB (25m pool): 02:22.89 T ROSCO 12/10/2025			PB (50m pool): 02:28.34 SB: 02:22.89 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		00:31.07		01:07.00		01:50.43		02:22.89
	00:31.07		00:35.93		00:43.43		00:32.46	
								

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime:
Heat: 3/6 Lane : 2 Athlete: LEFEBRE ELENA					Q-time: 01:37:91
PB (25m pool): 01:39.08 Sinbad 26/05/2024					PB (50m pool): 01:44.51 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:39.08	
	no time				
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime:
Heat: 3/6 Lane : 8 Athlete: DHONDT LINE					Q-time: 01:42:64
PB (25m pool): 01:42.75 Sinbad 29/12/2024					PB (50m pool): 01:42.64 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.17		01:42.75	
	00:49.17 00:53.58				
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime:
Heat: 5/6 Lane : 2 Athlete: DE WITTE FIEN					Q-time: 01:27:01
PB (25m pool): 01:27.01 TEMSE 18/05/2025					PB (50m pool): 01:28.09 SB: 01:27.86 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.32		01:27.01	
	00:41.32 00:45.69				
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:6, starttime:
Heat: 6/6 Lane : 8 Athlete: VINCK ELISE					Q-time: 01:24:68
PB (25m pool): 01:24.68 Lokeren 05/04/2025					PB (50m pool): 01:27.10 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.33		01:24.68	
	00:39.33 00:45.35				
					

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:1, starttime:
Heat: 1/5 Lane : 6 Athlete: LARHDIR NAël					Q-time: 01:58:53
PB (25m pool): 01:58.53 Groenenhoek Berchem 17/11/2024 PB (50m pool): 01:53.80 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:54.71		01:58.53	
	00:54.71		01:03.82		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:2, starttime:
Heat: 2/5 Lane : 3 Athlete: VAN OEVELEN NOAH					Q-time: 01:36:24
PB (25m pool): 01:49.55 Sinbad 14/01/2024 PB (50m pool): 01:36.24 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:49.55	
	no time				
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:4, starttime:
Heat: 4/5 Lane : 3 Athlete: LARHDIR RAYAN					Q-time: 01:20:05
PB (25m pool): 01:20.05 Lokeren 28/09/2025 PB (50m pool): 01:33.25 SB: 01:20.05 Lokeren 28/09/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.79		01:20.05	
	00:37.79		00:42.26		
					

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+							Heat:2, starttime:	
Heat: 2/4 Lane : 2 Athlete: DHONDT LINE							Q-time: 02:55:11	
PB (25m pool): 02:55.11 Lokeren 28/09/2025			PB (50m pool): no time SB: 02:55.11 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		00:40.05		01:24.23		02:10.08		02:55.11
	00:40.05		00:44.18		00:45.85		00:45.03	
								

Coach feedback:

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Event number: 7: 200M FREESTYLE WOMEN 11+							Heat:2, starttime:	
Heat: 2/4 Lane : 4 Athlete: LEFEBRE ELENA							Q-time: 02:47:04	
PB (25m pool): 02:47.04 Lokeren 28/09/2025				PB (50m pool): no time SB: 02:47.04 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		00:38.12		01:18.85		02:03.14		02:47.04
	00:38.12		00:40.73		00:44.29		00:43.90	
								

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+							Heat:1, starttime:	
Heat: 1/4 Lane : 3 Athlete: LARHDIR NAËL							Q-time: 99:99:99	
PB (25m pool): 03:07.81 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		00:42.86		01:31.42		02:21.03		03:07.81
	00:42.86		00:48.56		00:49.61		00:46.78	
								

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+							Heat:2, starttime:	
Heat: 2/4 Lane : 4 Athlete: LARHDIR RAYAN							Q-time: 02:29:53	
PB (25m pool): 02:29.53 Gent 23/02/2025				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		00:35.19		01:13.74		01:52.57		02:29.53
	00:35.19		00:38.55		00:38.83		00:36.96	
								

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+							Heat:4, starttime:	
Heat: 4/4 Lane : 3 Athlete: DE RYCK SEPPE							Q-time: 02:06:05	
PB (25m pool): 02:06.05 Lokeren 28/09/2025				PB (50m pool): 02:13.99SB: 02:06.05 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		00:29.47		01:01.13		01:33.88		02:06.05
	00:29.47		00:31.66		00:32.75		00:32.17	
								

Coach feedback:

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Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime:
Heat: 4/4 Lane : 3 Athlete: THIELMAN PAULIEN					Q-time: 01:12:13
PB (25m pool): 01:12.13 Lokeren 05/04/2025					PB (50m pool): 01:23.78 SB: 01:12.48 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.50		01:12.13	
	00:33.50		00:38.63		
					

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime:	
Heat: 2/4 Lane : 4 Athlete: SCHEERS JASMIJN							Q-time: 03:07:79	
PB (25m pool): 03:07.79 Aartselaar 01/11/2025				PB (50m pool): no time SB: 03:07.79 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		00:44.75		01:33.33		no time		03:07.79
	00:44.75		00:48.58					
								

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime:	
Heat: 3/4 Lane : 1 Athlete: DE WITTE FIEN							Q-time: 03:00:91	
PB (25m pool): 03:00.91 Aartselaar 01/11/2024				PB (50m pool): 03:04.49SB: 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		00:41.57		01:27.17		no time		03:00.91
	00:41.57		00:45.60					
								

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime:	
Heat: 3/4 Lane : 4 Athlete: VINCK ELISE							Q-time: 02:47:33	
PB (25m pool): 02:47.33 Lokeren 29/09/2024			PB (50m pool): no time SB: 02:54.34 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		no time		no time		no time		02:47.33
	no time							
								

Coach feedback:

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

Event number: 12: 200M BACKSTROKE MEN 11+							Heat:2, starttime:	
Heat: 2/3 Lane : 4 Athlete: VAN OEVELEN NOAH							Q-time: 02:45:01	
PB (25m pool): 02:45.01 Aartselaar 01/11/2025				PB (50m pool): no time SB: 02:45.01 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		00:40.24		01:23.22		no time		02:45.01
	00:40.24		00:42.98					
								

Coach feedback:

Event number: 13: 4x50M FREESTYLE WOMEN 11+							Heat:1, starttime:	
Heat: 1/2 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:

Event number: 14: 4x50M FREESTYLE MEN 11+							Heat:1, starttime:	
Heat: 1/2 Lane : 3 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: