

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: FIRST

Coachinfo: Warming up from: 12:55 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Mathys Jana

Coaches: De Noble Chloë

Coaches: Slos Robbie

Coaches: Debrouwere Ise HEADCOACH

Coaches: Huberty Maren

PB => Personal Best time

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

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:1, starttime: 14:03	
Heat: 1/5 Lane : 4 Athlete: VANCAYZEELE MARGAUX							Q-time: 99:99:99	
PB (25m pool): 06:11.17 Sinbad 06/10/2024				PB (50m pool): no time SB: no time				
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
		no time		no time		no time		06:11.17
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:2, starttime: 14:11	
Heat: 2/5 Lane : 3 Athlete: HERREGODS INE							Q-time: 06:48:13	
PB (25m pool): 06:48.13 Sint-Amandsberg 19/10/2025				PB (50m pool): no time SB: 06:48.13 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:44.34		01:35.74		02:28.78		03:21.51
	00:44.34		00:51.40		00:53.04		00:52.73	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		04:14.66		05:07.27		05:56.64		06:48.13
	00:53.15		00:52.61		00:49.37		00:51.49	
								

Coach feedback:

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Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:2, starttime: 14:11	
Heat: 2/5 Lane : 5 Athlete: BRUNET MAXIME							Q-time: 06:44:78	
PB (25m pool): 06:44.78 Sint-Amandsberg 19/10/2025				PB (50m pool): no time SB: 06:44.78 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:45.60		01:36.18		02:28.34		03:20.74
	00:45.60		00:50.58		00:52.16		00:52.40	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		04:12.78		05:04.78		05:55.87		06:44.78
	00:52.04		00:52.00		00:51.09		00:48.91	
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:3, starttime: 14:19	
Heat: 3/5 Lane : 1 Athlete: DEPESTELE GITTE							Q-time: 06:36:34	
PB (25m pool): 06:36.34 Sint-Amandsberg 19/10/2025				PB (50m pool): no time SB: 06:36.34 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:40.60		01:28.99		02:20.10		03:11.71
	00:40.60		00:48.39		00:51.11		00:51.61	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		04:03.60		04:57.09		05:48.30		06:36.34
	00:51.89		00:53.49		00:51.21		00:48.04	
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:4, starttime: 14:26	
Heat: 4/5 Lane : 1 Athlete: SUY NORA							Q-time: 06:02:71	
PB (25m pool): 06:02.71 Sint-Amandsberg 19/10/2025				PB (50m pool): 07:15.25 SB: 06:02.71 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:39.16		01:23.46		02:10.24		02:57.67
	00:39.16		00:44.30		00:46.78		00:47.43	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:44.80		04:32.23		05:18.96		06:02.71
	00:47.13		00:47.43		00:46.73		00:43.75	
								

Coach feedback:

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Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:4, starttime: 14:26	
Heat: 4/5 Lane : 2 Athlete: NGABO ANNABELLE							Q-time: 05:57:66	
PB (25m pool): 05:57.66 Sint-Amandsberg 19/10/2025				PB (50m pool): no time SB: 05:57.66 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:39.11		01:23.26		02:08.54		02:54.96
	00:39.11		00:44.15		00:45.28		00:46.42	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:41.55		04:28.15		05:14.44		05:57.66
	00:46.59		00:46.60		00:46.29		00:43.22	
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:4, starttime: 14:26	
Heat: 4/5 Lane : 4 Athlete: DEGRANDE AN							Q-time: 05:40:38	
PB (25m pool): 05:40.38 Gent 23/02/2025				PB (50m pool): 05:46.11 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:37.01		01:18.83		02:01.75		02:45.72
	00:37.01		00:41.82		00:42.92		00:43.97	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:29.07		04:13.72		04:58.48		05:40.38
	00:43.35		00:44.65		00:44.76		00:41.90	
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:5, starttime: 14:33	
Heat: 5/5 Lane : 8 Athlete: RUTTEN LEONIE							Q-time: 05:33:71	
PB (25m pool): 05:33.71 Dendermonde 22/11/2025				PB (50m pool): no time SB: 05:33.71 Dendermonde 22/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:20.78		no time		02:46.50
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:33.71
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MEN 11-14							Heat:1, starttime: 14:40	
Heat: 1/4 Lane : 4 Athlete: CASTEUR NICOLAS							Q-time: 99:99:99	
PB (25m pool): 06:08.73 Sinbad 06/10/2024				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		06:08.73
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:2, starttime: 14:47	
Heat: 2/4 Lane : 1 Athlete: DE CRAENE NATHEN							Q-time: 07:25:16	
PB (25m pool): 07:25.16 Sint-Amandsberg 19/10/2025				PB (50m pool): no time SB: 07:25.16 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:46.67		01:41.87		02:37.65		03:36.09
	00:46.67		00:55.20		00:55.78		00:58.44	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		04:34.48		05:33.76		06:33.35		07:25.16
	00:58.39		00:59.28		00:59.59		00:51.81	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:2, starttime: 14:47	
Heat: 2/4 Lane : 2 Athlete: VAN KERKHOVE JORICK							Q-time: 06:59:13	
PB (25m pool): 06:59.13 Gent 23/02/2025				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:43.56		01:35.90		02:29.61		03:24.06
	00:43.56		00:52.34		00:53.71		00:54.45	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		04:18.02		05:13.85		06:08.00		06:59.13
	00:53.96		00:55.83		00:54.15		00:51.13	
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MEN 11-14							Heat:2, starttime: 14:47	
Heat: 2/4 Lane : 5 Athlete: HELSKENS LEX							Q-time: 06:33:66	
PB (25m pool): 06:33.66 Sint-Amandsberg 19/10/2025				PB (50m pool): no time SB: 06:33.66 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:41.81		01:30.17		02:22.85		03:11.74
	00:41.81		00:48.36		00:52.68		00:48.89	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		04:03.61		04:55.33		05:46.77		06:33.66
	00:51.87		00:51.72		00:51.44		00:46.89	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:3, starttime: 14:55	
Heat: 3/4 Lane : 3 Athlete: TRIEST JULES							Q-time: 05:55:73	
PB (25m pool): 05:55.73 Sint-Amandsberg 19/10/2025				PB (50m pool): no time SB: 05:55.73 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:39.41		01:24.20		02:10.55		02:55.35
	00:39.41		00:44.79		00:46.35		00:44.80	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:42.77		04:27.58		05:11.95		05:55.73
	00:47.42		00:44.81		00:44.37		00:43.78	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:3, starttime: 14:55	
Heat: 3/4 Lane : 4 Athlete: COESSENS KOBE							Q-time: 05:47:01	
PB (25m pool): 05:47.01 Sint-Amandsberg 19/10/2025				PB (50m pool): 06:14.70 SB: 05:47.01 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:38.64		01:21.74		02:05.86		02:50.40
	00:38.64		00:43.10		00:44.12		00:44.54	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:35.37		04:19.69		05:04.05		05:47.01
	00:44.97		00:44.32		00:44.36		00:42.96	
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MEN 11-14							Heat:4, starttime: 15:02	
Heat: 4/4 Lane : 7 Athlete: DE CHAMPS LOïc							Q-time: 05:22:98	
PB (25m pool): 05:22.98 Gent 23/02/2025				PB (50m pool): 05:38.20 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:35.73		01:14.94		01:55.66		02:36.61
	00:35.73		00:39.21		00:40.72		00:40.95	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:18.36		04:00.17		04:41.99		05:22.98
	00:41.75		00:41.81		00:41.82		00:40.99	
								

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 15:17	
Heat: 3/9 Lane : 2 Athlete: HAMID ROYAH							Q-time: 01:45:17	
PB (25m pool): 01:45.43 Nijlen 19/11/2023				PB (50m pool): 01:45.17 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		no time		01:45.43				
	no time							
								

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+										Heat:4, starttime: 15:19	
Heat: 4/9 Lane : 1 Athlete: BEKAERT SOPHIA									Q-time: 01:43:10		
PB (25m pool): 01:44.02 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:43.10 SB: 01:44.02 Sint-Amandsberg 19/10/2025						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:49.13				01:44.02				
	00:49.13				00:54.89						
											

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 15:19
Heat: 4/9 Lane : 2 Athlete: DEPESTELE GITTE					Q-time: 01:40:68
PB (25m pool): 01:40.68 Dendermonde. 22/11/2025					PB (50m pool): 01:46.26 SB: 01:40.68 Dendermonde. 22/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.95		01:40.68	
	00:46.95		00:53.73		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 15:21
Heat: 5/9 Lane : 1 Athlete: GERRITSEN VESPER					Q-time: 01:38:31
PB (25m pool): 01:37.43 Nijlen 19/11/2023					PB (50m pool): 01:37.87 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:37.43	
	no time				
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:7, starttime: 15:25
Heat: 7/9 Lane : 5 Athlete: DE WEVER LAURA					Q-time: 01:28:57
PB (25m pool): 01:28.57 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:34.04 SB: 01:28.57 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.82		01:28.57	
	00:41.82		00:46.75		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:1, starttime: 15:32
Heat: 1/7 Lane : 4 Athlete: COESSENS KOBE					Q-time: 01:46:13
PB (25m pool): 01:46.13 TEMSE 18/05/2025					PB (50m pool): 01:50.50 SB: 01:51.25 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.62		01:46.13	
	00:50.62		00:55.51		
					

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:1, starttime: 15:32
Heat: 1/7 Lane : 7 Athlete: MICHIELS RENAUD					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): 01:56.45 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 BREASTSTROKE MEN 11+					Heat:2, starttime: 15:34
Heat: 2/7 Lane : 1 Athlete: MARGUTTI MAURO					Q-time: 01:44:02
PB (25m pool): 01:44.02 Sint-Amandsberg 19/10/2025 PB (50m pool): no time SB: 01:44.02 Sint-Amandsberg 19/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.04		01:44.02	
	00:47.04 00:56.98				
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:34
Heat: 2/7 Lane : 3 Athlete: DE CRAENE THIBE					Q-time: 01:41:09
PB (25m pool): 01:41.09 Gent 23/02/2025 PB (50m pool): 01:42.43 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.01		01:41.09	
	00:48.01 00:53.08				
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:34
Heat: 2/7 Lane : 5 Athlete: MINNOYE TIEBE					Q-time: 01:40:98
PB (25m pool): 01:33.58 Sint-Niklaas 28/12/2025 PB (50m pool): 01:40.98 SB: 01:33.58 Sint-Niklaas 28/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.72		01:33.58	
	00:43.72 00:49.86				
					

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:36
Heat: 3/7 Lane : 3 Athlete: TRIEST LOUIS					Q-time: 01:31:40
PB (25m pool): 01:31.40 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:35.48 SB: 01:31.40 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.24		01:31.40	
	00:43.24		00:48.16		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:36
Heat: 3/7 Lane : 5 Athlete: DE PAUW JULES					Q-time: 01:31:01
PB (25m pool): 01:33.97 Gent 23/02/2025					PB (50m pool): 01:31.01 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.50		01:33.97	
	00:44.50		00:49.47		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 15:39
Heat: 4/7 Lane : 3 Athlete: GERRITSEN BRUNO					Q-time: 01:25:80
PB (25m pool): 01:25.80 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:27.31 SB: 01:25.80 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.42		01:25.80	
	00:40.42		00:45.38		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 16:04
Heat: 1/8 Lane : 3 Athlete: HERREGODS INE					Q-time: 99:99:99
PB (25m pool): 01:33.58 Temse 21/12/2025					PB (50m pool): no time SB: 01:33.58 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.91		01:33.58	
	00:45.91		00:47.67		
					

Coach feedback:

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Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 16:13
Heat: 4/8 Lane : 7 Athlete: BRUNET MAXIME					Q-time: 01:35:66
PB (25m pool): 01:30.93 Temse 21/12/2025					PB (50m pool): 01:35.66 SB: 01:30.93 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.19		01:30.93	
	00:44.19		00:46.74		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 16:15
Heat: 5/8 Lane : 5 Athlete: VANCAYZEELE MARGAUX					Q-time: 01:25:72
PB (25m pool): 01:25.72 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:34.97 SB: 01:25.72 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.56		01:25.72	
	00:41.56		00:44.16		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 16:15
Heat: 5/8 Lane : 8 Athlete: SUY NORA					Q-time: 01:27:91
PB (25m pool): 01:27.91 Temse 17/11/2025					PB (50m pool): 01:30.24 SB: 01:27.91 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.66		01:27.91	
	00:43.66		00:44.25		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 16:18
Heat: 6/8 Lane : 8 Athlete: RUTTEN LEONIE					Q-time: 01:24:48
PB (25m pool): 01:23.97 Temse 21/12/2025					PB (50m pool): 01:29.39 SB: 01:23.97 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.23		01:23.97	
	00:41.23		00:42.74		
					

Coach feedback:

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Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 16:20
Heat: 7/8 Lane : 4 Athlete: MINNOYE YAANA					Q-time: 01:16:04
PB (25m pool): 01:15.90 Temse 22/12/2024			PB (50m pool): 01:19.79SB: 01:16.04 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.88		01:15.90	
	00:36.88		00:39.02		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 16:23
Heat: 8/8 Lane : 7 Athlete: DEGRANDE AN					Q-time: 01:14:30
PB (25m pool): 01:14.30 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:18.06SB: 01:14.30 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.18		01:14.30	
	00:36.18		00:38.12		
					

Coach feedback:

Event number: 9: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 16:25
Heat: 1/5 Lane : 3 Athlete: DE CRAENE NATHEN					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: 9: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 16:28
Heat: 2/5 Lane : 5 Athlete: HELSKENS LEX					Q-time: 01:33:15
PB (25m pool): 01:23.62 Temse 21/12/2025			PB (50m pool): 01:33.15SB: 01:23.62 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.54		01:23.62	
	00:40.54		00:43.08		
					

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 9: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 16:28
Heat: 2/5 Lane : 8 Athlete: VAN KERKHOVE JORICK					Q-time: 01:43:88
PB (25m pool): no time			PB (50m pool): 01:43.88 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: 9: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 16:33
Heat: 4/5 Lane : 2 Athlete: CASTEUR NICOLAS					Q-time: 01:17:81
PB (25m pool): 01:17.81 Temse 17/11/2025			PB (50m pool): 01:21.75 SB: 01:17.81 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.01		01:17.81	
	00:38.01 00:39.80				
					

Coach feedback:

Event number: 9: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 16:33
Heat: 4/5 Lane : 5 Athlete: EL GHAZALI ADAM					Q-time: 01:14:10
PB (25m pool): 01:14.10 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:15.60 SB: 01:14.10 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.16		01:14.10	
	00:35.16 00:38.94				
					

Coach feedback:

Event number: 9: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 16:33
Heat: 4/5 Lane : 8 Athlete: DE CHAMPS LOïc					Q-time: 01:21:53
PB (25m pool): 01:21.53 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:24.34 SB: 01:21.53 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.94		01:21.53	
	00:38.94 00:42.59				
					

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 10: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 16:40
Heat: 2/4 Lane : 5 Athlete: NGABO ANNABELLE					Q-time: 01:39:28
PB (25m pool): 01:35.29 Sint-Niklaas 28/12/2025					PB (50m pool): 01:39.28 SB: 01:35.29 Sint-Niklaas 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.94		01:35.29	
	00:39.94		00:55.35		
					

Coach feedback:

Event number: 11: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 16:46
Heat: 1/3 Lane : 2 Athlete: TRIEST JULES					Q-time: 01:52:60
PB (25m pool): no time					PB (50m pool): 01:52.60 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 FREESTYLE WOMEN 11+					Heat:4, starttime: 16:59
Heat: 4/11 Lane : 2 Athlete: HAMID ROYAH					Q-time: 01:22:34
PB (25m pool): 01:22.34 Gent 23/02/2025					PB (50m pool): 01:22.62 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.55		01:22.34	
	00:38.55		00:43.79		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 17:01
Heat: 5/11 Lane : 8 Athlete: BEKAERT SOPHIA					Q-time: 01:19:01
PB (25m pool): 01:19.01 Gent 23/02/2025					PB (50m pool): 01:20.36 SB: 01:22.40 Sint-Amansberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.68		01:19.01	
	00:37.68		00:41.33		
					

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 17:03
Heat: 6/11 Lane : 1 Athlete: GERRITSEN VESPER					Q-time: 01:13:35
PB (25m pool): 01:13.35 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:15.24 SB: 01:13.35 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.53		01:13.35	
	00:35.53		00:37.82		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 17:03
Heat: 6/11 Lane : 5 Athlete: DE WEVER LAURA					Q-time: 01:12:08
PB (25m pool): 01:11.43 Temse 21/12/2025					PB (50m pool): 01:13.43 SB: 01:11.43 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.70		01:11.43	
	00:33.70		00:37.73		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 17:08
Heat: 9/11 Lane : 2 Athlete: MINNOYE YAANA					Q-time: 01:08:39
PB (25m pool): 01:08.52 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:08.39 SB: 01:08.52 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.50		01:08.52	
	00:32.50		00:36.02		
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:2, starttime: 17:16
Heat: 2/10 Lane : 5 Athlete: MARGUTTI MAURO					Q-time: 01:21:18
PB (25m pool): 01:21.18 Sint-Amandsberg 19/10/2025					PB (50m pool): no time SB: 01:21.18 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.15		01:21.18	
	00:37.15		00:44.03		
					

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 13: 100M FREESTYLE MEN 11+					Heat:4, starttime: 17:19
Heat: 4/10 Lane : 4 Athlete: DE CRAENE THIBE					Q-time: 01:13:72
PB (25m pool): 01:13.72 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:14.66 SB: 01:13.72 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.19		01:13.72	
	00:35.19		00:38.53		
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:5, starttime: 17:21
Heat: 5/10 Lane : 1 Athlete: TRIEST LOUIS					Q-time: 01:11:79
PB (25m pool): 01:11.97 Gent 23/02/2025					PB (50m pool): 01:11.79 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.00		01:11.97	
	00:34.00		00:37.97		
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:5, starttime: 17:21
Heat: 5/10 Lane : 2 Athlete: GERRITSEN BRUNO					Q-time: 01:11:66
PB (25m pool): 01:11.66 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:12.40 SB: 01:11.66 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.21		01:11.66	
	00:34.21		00:37.45		
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:5, starttime: 17:21
Heat: 5/10 Lane : 3 Athlete: DE PAUW JULES					Q-time: 01:10:84
PB (25m pool): 01:15.81 Gent 23/02/2025					PB (50m pool): 01:10.84 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.42		01:15.81	
	00:35.42		00:40.39		
					

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: FIRST

Event number: 13: 100M FREESTYLE MEN 11+					Heat:6, starttime: 17:23
Heat: 6/10 Lane : 3 Athlete: MINNOYE TIEBE					Q-time: 01:09:08
PB (25m pool): 01:09.08 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:11.43 SB: 01:09.08 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.89		01:09.08	
	00:32.89		00:36.19		
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:8, starttime: 17:26
Heat: 8/10 Lane : 7 Athlete: EL GHAZALI ADAM					Q-time: 01:03:05
PB (25m pool): 01:02.79 Temse 21/12/2025					PB (50m pool): 01:05.21 SB: 01:02.79 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.94		01:02.79	
	00:29.94		00:32.85		
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:9, starttime: 17:28
Heat: 9/10 Lane : 7 Athlete: MICHIELS RENAUD					Q-time: 01:00:66
PB (25m pool): 01:00.66 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:03.67 SB: 01:00.66 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.75		01:00.66	
	00:28.75		00:31.91		
					

Coach feedback: