

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

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

Coaches: Dierickx Kaat HEADCOACH

Coaches: De Pauw Bieke

Coaches: De Letter Gerard

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 : 6 Athlete: DE KEIJSER FIEBE							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	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		no time
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:2, starttime: 14:11	
Heat: 2/5 Lane : 1 Athlete: AUDENAERT FIEN							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	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		no time
								

Coach feedback:

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Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:2, starttime: 14:11	
Heat: 2/5 Lane : 6 Athlete: VAN PETEGHEM ALINE							Q-time: 06:59:63	
PB (25m pool): 06:59.63 Sinbad 12/01/2025				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		no time		01:35.29		no time		03:22.12
	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		06:59.63
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:2, starttime: 14:11	
Heat: 2/5 Lane : 8 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	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		no time
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:4, starttime: 14:26	
Heat: 4/5 Lane : 6 Athlete: VAN GOETHEM LOTTE							Q-time: 05:48:08	
PB (25m pool): 05:48.08 Dendermonde 22/11/2025				PB (50m pool): 06:16.97 SB: 05:48.08 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		01:23.63		no time		02:54.56
	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		05:48.08
								

Coach feedback:

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Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:5, starttime: 14:33	
Heat: 5/5 Lane : 1 Athlete: DE MEY AURORA							Q-time: 05:31:66	
PB (25m pool): 05:31.66 Sint-Amandsberg 19/10/2025				PB (50m pool): 06:50.79SB: 05:31.66 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		00:37.27		01:18.66		02:00.48		02:43.34
	00:37.27		00:41.39		00:41.82		00:42.86	
								
	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		03:26.12		04:08.66		04:50.86		05:31.66
	00:42.78		00:42.54		00:42.20		00:40.80	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:3, starttime: 14:55	
Heat: 3/4 Lane : 1 Athlete: HEYNZE OTIS							Q-time: 06:10:91	
PB (25m pool): 06:10.91 Dendermonde 22/11/2025				PB (50m pool): no time SB: 06:10.91 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		00:40.38		01:26.52		no time		03:03.56
	00:40.38		00:46.14					
								
	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		06:10.91
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:3, starttime: 14:55	
Heat: 3/4 Lane : 7 Athlete: HEYNZE LASSE							Q-time: 06:08:17	
PB (25m pool): 06:08.17 Sinbad 12/01/2025				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		00:40.09		01:25.52		no time		03:00.18
	00:40.09		00:45.43					
								
	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		no time		no time		no time		06:08.17
								

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:14
Heat: 2/9 Lane : 8 Athlete: COWIE EMMA					Q-time: 01:58:70
PB (25m pool): 01:58.70 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		00:56.36		01:58.70	
	00:56.36		01:02.34		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 15:17
Heat: 3/9 Lane : 5 Athlete: DE LETTER LINDE					Q-time: 01:44:09
PB (25m pool): 01:44.09 Lokeren 28/09/2025					PB (50m pool): 01:50.57 SB: 01:44.09 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.47		01:44.09	
	00:48.47		00:55.62		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 15:19
Heat: 4/9 Lane : 4 Athlete: MAES LENA					Q-time: 01:39:16
PB (25m pool): 01:39.16 Dendermonde. 22/11/2025					PB (50m pool): 01:49.39 SB: 01:39.16 Dendermonde. 22/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.53		01:39.16	
	00:46.53		00:52.63		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 15:21
Heat: 5/9 Lane : 4 Athlete: DE WINTER LORE					Q-time: 01:35:61
PB (25m pool): 01:34.41 Sinbad 29/12/2024					PB (50m pool): 01:32.08 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.49		01:34.41	
	00:44.49		00:49.92		
					

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 15:21
Heat: 5/9 Lane : 6 Athlete: COWIE LORE					Q-time: 01:36:91
PB (25m pool): 01:36.91 Liedekerke 11/11/2025					PB (50m pool): 01:42.66 SB: 01:36.91 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.28		01:36.91	
	00:45.28		00:51.63		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 15:21
Heat: 5/9 Lane : 7 Athlete: DE MAEIJER ELENA					Q-time: 01:37:16
PB (25m pool): 01:35.56 Sint-Niklaas 28/12/2025					PB (50m pool): 01:42.74 SB: 01:35.56 Sint-Niklaas 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.91		01:35.56	
	00:44.91		00:50.65		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:7, starttime: 15:25
Heat: 7/9 Lane : 8 Athlete: COLPAERT JULIE					Q-time: 01:31:43
PB (25m pool): 01:31.43 TEMSE 18/05/2025					PB (50m pool): 01:36.81 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.82		01:31.43	
	00:43.82		00:47.61		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:8, starttime: 15:27
Heat: 8/9 Lane : 6 Athlete: TAE LMAN YADE					Q-time: 01:27:03
PB (25m pool): 01:27.03 T ROSCO 12/10/2025					PB (50m pool): 01:30.08 SB: 01:27.03 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.15		01:27.03	
	00:41.15		00:45.88		
					

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 15:39
Heat: 4/7 Lane : 4 Athlete: Taelman Yann					Q-time: 01:25:37
PB (25m pool): 01:25.37 WAREGEM 21/04/2025					PB (50m pool): 01:24.31 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.74		01:25.37	
	00:40.74		00:44.63		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 15:39
Heat: 4/7 Lane : 5 Athlete: Van Raemdonck Siebe					Q-time: 01:25:72
PB (25m pool): 01:25.72 Dendermonde. 22/11/2025					PB (50m pool): 01:49.85 SB: 01:25.72 Dendermonde. 22/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.15		01:25.72	
	00:40.15		00:45.57		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:5, starttime: 15:41
Heat: 5/7 Lane : 3 Athlete: Van Neer Lowiek					Q-time: 01:22:65
PB (25m pool): 01:22.65 Dendermonde. 22/11/2025					PB (50m pool): 01:27.85 SB: 01:22.65 Dendermonde. 22/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.12		01:22.65	
	00:39.12		00:43.53		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 16:07
Heat: 2/8 Lane : 2 Athlete: Colpaert Leonie					Q-time: 01:52:37
PB (25m pool): 01:38.75 Sint-Niklaas 28/12/2025					PB (50m pool): no time SB: 01:38.75 Sint-Niklaas 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.13		01:38.75	
	00:48.13		00:50.62		
					

Coach feedback:

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Event number: 9: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 16:30
Heat: 3/5 Lane : 8 Athlete: HAECK RUNE					Q-time: 01:30:73
PB (25m pool): 01:39.86 WAREGEM 01/04/2024					PB (50m pool): 01:32.14 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:39.86	
	no time				
					

Coach feedback:

Event number: 10: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 16:40
Heat: 2/4 Lane : 7 Athlete: VAN PETEGHEM ALINE					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: 11: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 16:49
Heat: 2/3 Lane : 4 Athlete: VAN NEER LOWIEK					Q-time: 01:12:63
PB (25m pool): 01:12.63 Liedekerke 11/11/2025					PB (50m pool): 01:12.82 SB: 01:12.63 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.36		01:12.63	
	00:34.36		00:38.27		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 16:55
Heat: 2/11 Lane : 5 Athlete: COWIE EMMA					Q-time: 01:33:28
PB (25m pool): 01:33.28 WAREGEM 21/04/2025					PB (50m pool): 01:32.64 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.98		01:33.28	
	00:44.98		00:48.30		
					

Coach feedback:

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

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 16:55
Heat: 2/11 Lane : 6 Athlete: DE KEIJSER FIEBE					Q-time: 01:37:92
PB (25m pool): 01:37.92 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		00:45.61		01:37.92	
	00:45.61		00:52.31		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 16:59
Heat: 4/11 Lane : 5 Athlete: DE LETTER LINDE					Q-time: 01:21:39
PB (25m pool): 01:21.39 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:24.88 SB: 01:21.39 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.96		01:21.39	
	00:38.96		00:42.43		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 16:59
Heat: 4/11 Lane : 6 Athlete: AUDENAERT FIEN					Q-time: 01:22:05
PB (25m pool): 01:28.99 Lokeren 29/09/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:28.99	
	no time				
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 17:01
Heat: 5/11 Lane : 1 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:

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

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 17:03
Heat: 6/11 Lane : 6 Athlete: DE MAEIJER ELENA					Q-time: 01:12:74
PB (25m pool): 01:12.55 Temse 21/12/2025			PB (50m pool): 01:13.38 SB: 01:12.55 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.35		01:12.55	
	00:35.35		00:37.20		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 17:05
Heat: 7/11 Lane : 2 Athlete: VAN GOETHEM LOTTE					Q-time: 01:11:37
PB (25m pool): 01:11.37 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:17.08 SB: 01:11.37 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.32		01:11.37	
	00:34.32		00:37.05		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 17:05
Heat: 7/11 Lane : 3 Athlete: DE WINTER LORE					Q-time: 01:11:14
PB (25m pool): 01:11.14 Liedekerke 11/11/2025			PB (50m pool): no time SB: 01:11.14 Liedekerke 11/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.25		01:11.14	
	00:34.25		00:36.89		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 17:05
Heat: 7/11 Lane : 7 Athlete: DE MEY AURORA					Q-time: 01:11:43
PB (25m pool): 01:11.43 Liedekerke 11/11/2025			PB (50m pool): 01:14.32 SB: 01:11.43 Liedekerke 11/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.92		01:11.43	
	00:34.92		00:36.51		
					

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 17:06
Heat: 8/11 Lane : 7 Athlete: COWIE LORE					Q-time: 01:09:54
PB (25m pool): 01:09.54 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:10.11 SB: 01:09.54 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.83		01:09.54	
	00:33.83		00:35.71		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 17:08
Heat: 9/11 Lane : 1 Athlete: Taelman Yade					Q-time: 01:08:66
PB (25m pool): 01:07.76 Temse 21/12/2025			PB (50m pool): 01:09.60 SB: 01:07.76 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.57		01:07.76	
	00:32.57		00:35.19		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 17:08
Heat: 9/11 Lane : 3 Athlete: COLPAERT JULIE					Q-time: 01:07:58
PB (25m pool): 01:06.99 Temse 21/12/2025			PB (50m pool): 01:10.22 SB: 01:06.99 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.33		01:06.99	
	00:32.33		00:34.66		
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:3, starttime: 17:18
Heat: 3/10 Lane : 4 Athlete: HEYNZE LASSE					Q-time: 01:18:75
PB (25m pool): 01:16.33 Temse 21/12/2025			PB (50m pool): 01:20.05 SB: 01:16.33 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.82		01:16.33	
	00:36.82		00:39.51		
					

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 11+					Heat:4, starttime: 17:19
Heat: 4/10 Lane : 6 Athlete: HEYNZE OTIS					Q-time: 01:16:07
PB (25m pool): 01:16.07 Temse 17/11/2025					PB (50m pool): 01:18.48 SB: 01:16.07 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.36		01:16.07	
	00:37.36		00:38.71		
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:5, starttime: 17:21
Heat: 5/10 Lane : 7 Athlete: HAECK RUNE					Q-time: 01:11:70
PB (25m pool): 01:11.70 TEMSE 18/05/2025					PB (50m pool): 01:16.24 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.77		01:11.70	
	00:34.77		00:36.93		
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:7, starttime: 17:25
Heat: 7/10 Lane : 2 Athlete: VAN RAEMDONCK SIEBE					Q-time: 01:05:52
PB (25m pool): 01:05.52 Lokeren 28/09/2025					PB (50m pool): 01:22.91 SB: 01:05.52 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.22		01:05.52	
	00:31.22		00:34.30		
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:7, starttime: 17:25
Heat: 7/10 Lane : 4 Athlete: TAELEMAN YANN					Q-time: 01:03:52
PB (25m pool): 01:03.52 Liedekerke 11/11/2025					PB (50m pool): 01:04.56 SB: 01:03.52 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.91		01:03.52	
	00:30.91		00:32.61		
					

Coach feedback: