

Reg Crit dag4: Session: 1: COACH Evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Sey Brenda HEADCOACH

Coaches: Dewit Isabelle

Coaches: Schepers Jérôme

PB => Personal Best time

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

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 14:18
Heat: 7/21 Lane : 2 Athlete: MORATO ALIX					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: 2: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 14:21
Heat: 8/21 Lane : 3 Athlete: DE WOLF ROOS					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: 2: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 14:26
Heat: 10/21 Lane : 3 Athlete: VANDERSTRAETEN HELENA					Q-time: 01:39:95
PB (25m pool): 01:39.95 Lokeren 28/09/2025		PB (50m pool): no time SB: 01:39.95 Lokeren 28/09/2025			
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.59		01:39.95	
	00:48.59		00:51.36		
					

Coach feedback:

Reg Crit dag4: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:11, starttime: 14:28
Heat: 11/21 Lane : 1 Athlete: BELMANS MARGAUX					Q-time: 01:38:56
PB (25m pool): 01:38.56 Lokeren 28/09/2025					PB (50m pool): no time SB: 01:38.56 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.91		01:38.56	
	00:48.91		00:49.65		
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:11, starttime: 14:28
Heat: 11/21 Lane : 6 Athlete: HUYLEBROECK JANNE					Q-time: 01:39:91
PB (25m pool): 01:39.91 Temse 21/12/2025					PB (50m pool): no time SB: 01:39.91 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.54		01:39.91	
	00:45.54		00:54.37		
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:14, starttime: 14:34
Heat: 14/21 Lane : 5 Athlete: HEYLEN ROOS					Q-time: 01:27:38
PB (25m pool): 01:27.38 Temse 21/12/2025					PB (50m pool): no time SB: 01:27.38 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.26		01:27.38	
	00:40.26		00:47.12		
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:15, starttime: 14:35
Heat: 15/21 Lane : 6 Athlete: DEBAETS ELIEN					Q-time: 01:25:88
PB (25m pool): 01:25.88 Lokeren 28/09/2025					PB (50m pool): no time SB: 01:25.88 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.92		01:25.88	
	00:40.92		00:44.96		
					

Coach feedback:

Reg Crit dag4: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:19, starttime: 14:42
Heat: 19/21 Lane : 5 Athlete: VANDER MIJNSBRUGGE LORE					Q-time: 01:19:30
PB (25m pool): 01:19.30 Lokeren 28/09/2025					PB (50m pool): no time SB: 01:19.30 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.58		01:19.30	
	00:36.58		00:42.72		
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:20, starttime: 14:44
Heat: 20/21 Lane : 3 Athlete: DEN TANDT AMBER					Q-time: 01:16:63
PB (25m pool): 01:16.63 Temse 21/12/2025					PB (50m pool): no time SB: 01:16.63 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.11		01:16.63	
	00:35.11		00:41.52		
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:21, starttime: 14:46
Heat: 21/21 Lane : 1 Athlete: VAN DE WINKEL LOLA					Q-time: 01:15:17
PB (25m pool): 01:15.17 Temse 21/12/2025					PB (50m pool): no time SB: 01:15.17 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.44		01:15.17	
	00:35.44		00:39.73		
					

Coach feedback:

Event number: 3: 100M MEDLEY MEN 11+					Heat:2, starttime: 14:50
Heat: 2/17 Lane : 2 Athlete: REYNIERS WARRE					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:

Reg Crit dag4: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 3: 100M MEDLEY MEN 11+					Heat:7, starttime: 15:01
Heat: 7/17 Lane : 1 Athlete: PINTILIE FABIAN					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: 3: 100M MEDLEY MEN 11+					Heat:7, starttime: 15:01
Heat: 7/17 Lane : 6 Athlete: DE LANDSHEER OSKAR					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: 3: 100M MEDLEY MEN 11+					Heat:9, starttime: 15:06
Heat: 9/17 Lane : 4 Athlete: DIERICK ROBBE					Q-time: 02:00:32
PB (25m pool): 02:00.32 Temse 21/12/2025 PB (50m pool): no time SB: 02:00.32 Temse 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:59.97		02:00.32	
	00:59.97 01:00.35				
					

Coach feedback:

Event number: 3: 100M MEDLEY MEN 11+					Heat:11, starttime: 15:10
Heat: 11/17 Lane : 4 Athlete: BOEL ELIAS					Q-time: 01:26:35
PB (25m pool): 01:25.64 Temse 22/12/2024 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.14		01:25.64	
	00:40.14 00:45.50				
					

Coach feedback:

Reg Crit dag4: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 3: 100M MEDLEY MEN 11+					Heat:14, starttime: 15:16
Heat: 14/17 Lane : 1 Athlete: MAES JORDY					Q-time: 01:16:92
PB (25m pool): 01:16.92 Temse 21/12/2025					PB (50m pool): no time SB: 01:16.92 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.73		01:16.92	
	00:34.73		00:42.19		
					

Coach feedback:

Event number: 3: 100M MEDLEY MEN 11+					Heat:14, starttime: 15:16
Heat: 14/17 Lane : 4 Athlete: BOONE FELIX					Q-time: 01:13:74
PB (25m pool): 01:13.74 Temse 21/12/2025					PB (50m pool): no time SB: 01:13.74 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.45		01:13.74	
	00:34.45		00:39.29		
					

Coach feedback:

Event number: 3: 100M MEDLEY MEN 11+					Heat:14, starttime: 15:16
Heat: 14/17 Lane : 6 Athlete: LUYPAERT EDEN					Q-time: 01:16:96
PB (25m pool): 01:16.96 Lokeren 28/09/2025					PB (50m pool): no time SB: 01:16.96 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.70		01:16.96	
	00:34.70		00:42.26		
					

Coach feedback:

Event number: 3: 100M MEDLEY MEN 11+					Heat:15, starttime: 15:17
Heat: 15/17 Lane : 2 Athlete: VAN DE WINKEL MILAN					Q-time: 01:11:16
PB (25m pool): 01:11.16 TEMSE 30/03/2025					PB (50m pool): no time SB: 01:11.98 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.74		01:11.16	
	00:33.74		00:37.42		
					

Coach feedback:

Reg Crit dag4: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 3: 100M MEDLEY MEN 11+					Heat:17, starttime: 15:20
Heat: 17/17 Lane : 6 Athlete: VERHULST LENNERT					Q-time: 01:04:97
PB (25m pool): 01:04.97 TEMSE 30/03/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.15		01:04.97	
	00:31.15		00:33.82		
					

Coach feedback:

Event number: 4: 200M BUTTERFLY WOMEN 11+							Heat:2, starttime: 15:25	
Heat: 2/2 Lane : 2 Athlete: VANDER MIJNSBRUGGE LORE							Q-time: 03:02:82	
PB (25m pool): 03:02.82 TEMSE 30/03/2025				PB (50m pool): no time SB: 03:04.01 Temse 21/12/2025				
	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		00:38.69		01:25.24		02:15.28		03:02.82
	00:38.69		00:46.55		00:50.04		00:47.54	
								

Coach feedback:

Event number: 5: 200M BUTTERFLY MEN 11+							Heat:2, starttime: 15:33	
Heat: 2/3 Lane : 3 Athlete: SCHEPERS RUBEN							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 BUTTERFLY MEN 11+							Heat:3, starttime: 15:37	
Heat: 3/3 Lane : 2 Athlete: VERHULST MEINDERT							Q-time: 02:43:07	
PB (25m pool): 02:43.07 TEMSE 30/03/2025			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		00:36.30		01:17.78		02:01.17		02:43.07
	00:36.30		00:41.48		00:43.39		00:41.90	
								

Coach feedback:

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Event number: 6: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 15:41
Heat: 1/1 Lane : 1 Athlete: SCHEPERS ARNE					Q-time: 01:54:30
PB (25m pool): no time			PB (50m pool): 01:54.30 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 FREESTYLE MIXED 10-9					Heat:1, starttime: 15:41
Heat: 1/1 Lane : 6 Athlete: MEEUS JANNE					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: 7: 50M FREESTYLE WOMEN 11+					Heat:3, starttime: 15:45
Heat: 3/15 Lane : 5 Athlete: DEN TANDT AMBER					Q-time: 99:99:99
PB (25m pool): 00:30.55 Ronse 15/10/2023			PB (50m pool): 00:31.49 SB: no time		
	2 5 M	5 0 M			
PB		00:30.55			
	00:30.55				
					

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+					Heat:4, starttime: 15:46
Heat: 4/15 Lane : 1 Athlete: HUYLEBROECK JANNE					Q-time: 00:41:32
PB (25m pool): no time			PB (50m pool): 00:41.32 SB: no time		
	2 5 M	5 0 M			
PB		no time			
	no time				
					

Coach feedback:

Reg Crit dag4: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:5, starttime: 15:47
Heat: 5/15 Lane : 1 Athlete: MORATO ALIX			Q-time: 00:40:69
PB (25m pool): no time			PB (50m pool): 00:40.69 SB: no time
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:5, starttime: 15:47
Heat: 5/15 Lane : 5 Athlete: DE WOLF ROOS			Q-time: 00:40:53
PB (25m pool): no time			PB (50m pool): 00:40.53 SB: no time
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:7, starttime: 15:49
Heat: 7/15 Lane : 3 Athlete: BELMANS MARGAUX			Q-time: 00:36:37
PB (25m pool): 00:36.37 Lokeren 28/09/2025			PB (50m pool): 00:36.36 SB: 00:36.37 Lokeren 28/09/2025
	2 5 M	5 0 M	
PB		00:36.37	
	00:36.37		
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:7, starttime: 15:49
Heat: 7/15 Lane : 4 Athlete: VANDERSTRAETEN HELENA			Q-time: 00:36:55
PB (25m pool): 00:36.55 Lokeren 28/09/2025			PB (50m pool): 00:35.25 SB: 00:36.55 Lokeren 28/09/2025
	2 5 M	5 0 M	
PB		00:36.55	
	00:36.55		
			

Coach feedback:

Reg Crit dag4: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:8, starttime: 15:50
Heat: 8/15 Lane : 2 Athlete: DEBAETS ELIEN			Q-time: 00:35:82
PB (25m pool): 00:35.82 TEMSE 30/03/2025			PB (50m pool): 00:35.50 SB: no time
	2 5 M	5 0 M	
PB		00:35.82	
		00:35.82	
			

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+			Heat:2, starttime: 15:59
Heat: 2/9 Lane : 3 Athlete: DIERICK ROBBE			Q-time: 00:42:94
PB (25m pool): no time			PB (50m pool): 00:42.94 SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+			Heat:3, starttime: 16:00
Heat: 3/9 Lane : 2 Athlete: DE LANDSHEER OSKAR			Q-time: 00:39:38
PB (25m pool): no time			PB (50m pool): 00:39.38 SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+			Heat:3, starttime: 16:00
Heat: 3/9 Lane : 4 Athlete: PINTILIE FABIAN			Q-time: 00:39:27
PB (25m pool): no time			PB (50m pool): 00:39.27 SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

Reg Crit dag4: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 8: 50M FREESTYLE MEN 11+							Heat:5, starttime: 16:02	
Heat: 5/9 Lane : 1 Athlete: BOEL ELIAS							Q-time: 00:33:86	
PB (25m pool): 00:33.86 TEMSE 30/03/2025							PB (50m pool): 00:48.09 SB: no time	
	2 5 M		5 0 M					
PB			00:33.86					
			00:33.86					
								

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+							Heat:7, starttime: 16:03		
Heat: 7/9 Lane : 4 Athlete: BOONE FELIX							Q-time: 00:29:70		
PB (25m pool): 00:29.70 TEMSE 30/03/2025							PB (50m pool): 00:28.56 SB: 00:29.78 Lokeren 28/09/2025		
	2 5 M		5 0 M						
PB			00:29.70						
			00:29.70						
									

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+										Heat:7, starttime: 16:03	
Heat: 7/9 Lane : 5 Athlete: LUYPAERT EDEN										Q-time: 00:30:10	
PB (25m pool): 00:30.10 Lokeren 28/09/2025										PB (50m pool): 00:29.58SB: 00:30.10 Lokeren 28/09/2025	
	2 5 M		5 0 M								
PB			00:30.10								
			00:30.10								
											

Coach feedback:

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 16:10	
Heat: 2/16 Lane : 5 Athlete: VAN DE WINKEL LOLA							Q-time: 99:99:99	
PB (25m pool): 02:52.24 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		00:42.50		01:26.56		no time		02:52.24
	00:42.50		00:44.06					
								

Coach feedback:

Reg Crit dag4: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:11, starttime: 16:49	
Heat: 11/16 Lane : 6 Athlete: HEYLEN ROOS							Q-time: 03:06:14	
PB (25m pool): no time			PB (50m pool): 03:06.14 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: 10: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 17:20	
Heat: 3/13 Lane : 2 Athlete: VERHULST LENNERT							Q-time: 99:99:99	
PB (25m pool): 02:26.43 Ronse 17/03/2024				PB (50m pool): 03:47.88SB: 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		02:26.43
	no time							
								

Coach feedback:

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:10, starttime: 17:49	
Heat: 10/13 Lane : 3 Athlete: VERHULST MEINDERT							Q-time: 02:42:81	
PB (25m pool): 02:47.14 Ronse 17/03/2024				PB (50m pool): 02:42.81 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		02:47.14
	no time							
								

Coach feedback:

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:10, starttime: 17:49	
Heat: 10/13 Lane : 6 Athlete: SCHEPERS RUBEN							Q-time: 02:50:64	
PB (25m pool): 02:50.64 Aartselaar 01/11/2025			PB (50m pool): 02:58.66SB: 02:50.64 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		00:41.04		01:24.48		no time		02:50.64
	00:41.04		00:43.44					
								

Coach feedback:

Reg Crit dag4: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:12, starttime: 17:56	
Heat: 12/13 Lane : 5 Athlete: MAES JORDY							Q-time: 02:36:11	
PB (25m pool): 02:36.11 TEMSE 23/11/2025				PB (50m pool): 02:40.97 SB: 02:36.11 TEMSE 23/11/2025				
	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		00:37.21		01:17.11		01:57.75		02:36.11
	00:37.21		00:39.90		00:40.64		00:38.36	
								

Coach feedback:

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:13, starttime: 18:00	
Heat: 13/13 Lane : 5 Athlete: VAN DE WINKEL MILAN							Q-time: 02:28:66	
PB (25m pool): 02:28.66 T ROSCO 12/10/2025				PB (50m pool): 02:37.10SB: 02:28.66 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		00:34.38		01:11.91		01:50.86		02:28.66
	00:34.38		00:37.53		00:38.95		00:37.80	
								

Coach feedback: