

Reg Crit dag4: Session: 1: COACH evaluation sheet for TEAM: GBZ

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

Coaches: Van Goethem Niels

PB => Personal Best time

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

Event number: 2: 100M MEDLEY WOMEN 11+ Heat:12, starttime: 14:30

Heat: 12/21 Lane : 3 Athlete: SCHEERS JASMIJN Q-time: 01:30:81

PB (25m pool): 01:30.81 Lokeren 28/09/2025 PB (50m pool): no time SB: 01:30.81 Lokeren 28/09/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.94		01:30.81	
	00:40.94		00:49.87		
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+ Heat:15, starttime: 14:35

Heat: 15/21 Lane : 5 Athlete: LEFEBRE ELENA Q-time: 01:25:09

PB (25m pool): 01:25.09 Lokeren 28/09/2025 PB (50m pool): no time SB: 01:25.09 Lokeren 28/09/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.45		01:25.09	
	00:41.45		00:43.64		
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+ Heat:18, starttime: 14:41

Heat: 18/21 Lane : 5 Athlete: VERHOFSTEDE LENA Q-time: 01:20:22

PB (25m pool): 01:20.22 Lokeren 28/09/2025 PB (50m pool): no time SB: 01:20.22 Lokeren 28/09/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.58		01:20.22	
	00:38.58		00:41.64		
					

Coach feedback:

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Event number: 2: 100M MEDLEY WOMEN 11+					Heat:21, starttime: 14:46
Heat: 21/21 Lane : 4 Athlete: HOTTINGER NYAH					Q-time: 01:12:83
PB (25m pool): 01:12.83 Temse 21/12/2025					PB (50m pool): no time SB: 01:12.83 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.92		01:12.83	
	00:33.92		00:38.91		
					

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+					Heat:11, starttime: 15:53
Heat: 11/15 Lane : 1 Athlete: LEFEBRE ELENA					Q-time: 00:33:46
PB (25m pool): 00:34.06 Lokeren 28/09/2025					PB (50m pool): 00:33.46 SB: 00:34.06 Lokeren 28/09/2025
	2 5 M	5 0 M			
PB		00:34.06			
	00:34.06				
					

Coach feedback:

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:12, starttime: 16:53	
Heat: 12/16 Lane : 3 Athlete: SCHEERS JASMIJN							Q-time: 02:59:31	
PB (25m pool): 02:59.31 Sint-Niklaas 28/12/2025				PB (50m pool): no time SB: 02:59.31 Sint-Niklaas 28/12/2025				
	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		00:42.57		01:28.56		no time		02:59.31
	00:42.57		00:45.99					
								

Coach feedback:

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:13, starttime: 16:56	
Heat: 13/16 Lane : 4 Athlete: VERHOFSTEDE LENA							Q-time: 02:52:06	
PB (25m pool): 02:52.06 Aartselaar 01/11/2025			PB (50m pool): no time SB: 02:52.06 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		00:38.94		01:21.34		no time		02:52.06
	00:38.94		00:42.40					
								

Coach feedback:

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Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:14, starttime: 17:00	
Heat: 14/16 Lane : 3 Athlete: HOTTINGER NYAH							Q-time: 02:47:80	
PB (25m pool): 02:47.80 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:58.56 SB: 02:47.80 Sint-Amandsberg 19/10/2025				
	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		00:39.75		01:22.23		02:06.01		02:47.80
	00:39.75		00:42.48		00:43.78		00:41.79	
								

Coach feedback: