

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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

PB => Personal Best time

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

Event number: 2: 100M MEDLEY WOMEN 11+ Heat:2, starttime: 14:07

Heat: 2/21 Lane : 4 Athlete: VAN DE VYVERE LENA				Q-time: 99:99:99
PB (25m pool): 01:33.50 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		00:43.78		01:33.50
	00:43.78		00:49.72	
				

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+ Heat:5, starttime: 14:14

Heat: 5/21 Lane : 1 Athlete: LIETAR LAURINE				Q-time: 99:99:99
PB (25m pool): 01:20.99 Temse 23/12/2023				PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		no time		01:20.99
	no time			
				

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+ Heat:5, starttime: 14:14

Heat: 5/21 Lane : 3 Athlete: VAN DAELE JOSEFIEN				Q-time: 99:99:99
PB (25m pool): 01:16.37 Stedelijk Zwembad Geel 15/02/2026				PB (50m pool): no time SB: 01:16.37 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:36.34		01:16.37
	00:36.34		00:40.03	
				

Coach feedback:

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

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 14:18
Heat: 7/21 Lane : 6 Athlete: DE BREUCK MARIE					Q-time: 99:99:99
PB (25m pool): 01:20.87 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		00:38.50		01:20.87	
	00:38.50		00:42.37		
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 14:21
Heat: 8/21 Lane : 4 Athlete: WULLAERT LIESE					Q-time: 99:99:99
PB (25m pool): 01:26.56 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): no time SB: 01:26.56 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.47		01:26.56	
	00:41.47		00:45.09		
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:14, starttime: 14:34
Heat: 14/21 Lane : 4 Athlete: VERHULST AMBER					Q-time: 01:26:79
PB (25m pool): 01:23.15 Temse 23/12/2023					PB (50m pool): no time SB: 01:26.79 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.15	
	no time				
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:17, starttime: 14:39
Heat: 17/21 Lane : 2 Athlete: PUNZO MICHELLE					Q-time: 01:21:21
PB (25m pool): 01:21.21 Temse 21/12/2025					PB (50m pool): no time SB: 01:21.21 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.60		01:21.21	
	00:38.60		00:42.61		
					

Coach feedback:

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

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:18, starttime: 14:41
Heat: 18/21 Lane : 4 Athlete: VERHULST NOOR					Q-time: 01:19:92
PB (25m pool): 01:19.92 Temse 21/12/2025					PB (50m pool): no time SB: 01:19.92 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.39		01:19.92	
	00:38.39		00:41.53		
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:18, starttime: 14:41
Heat: 18/21 Lane : 6 Athlete: VAN HUL EMMA					Q-time: 01:20:96
PB (25m pool): 01:20.96 Temse 21/12/2025					PB (50m pool): no time SB: 01:20.96 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.58		01:20.96	
	00:38.58		00:42.38		
					

Coach feedback:

Event number: 3: 100M MEDLEY MEN 11+					Heat:1, starttime: 14:47
Heat: 1/17 Lane : 3 Athlete: BEN AYAD NAOUFAL					Q-time: 99:99:99
PB (25m pool): 01:32.27 Lokeren 20/02/2022					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:32.27	
	no time				
					

Coach feedback:

Event number: 3: 100M MEDLEY MEN 11+					Heat:5, starttime: 14:57
Heat: 5/17 Lane : 2 Athlete: VANHAVERE DAAN					Q-time: 99:99:99
PB (25m pool): 01:28.42 Temse 23/12/2023					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:28.42	
	no time				
					

Coach feedback:

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

Event number: 3: 100M MEDLEY MEN 11+					Heat:5, starttime: 14:57
Heat: 5/17 Lane : 5 Athlete: BOURDIAUDHY THIBAU					Q-time: 99:99:99
PB (25m pool): 01:09.67 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:09.67 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.68		01:09.67	
	00:33.68		00:35.99		
					

Coach feedback:

Event number: 3: 100M MEDLEY MEN 11+					Heat:6, starttime: 14:59
Heat: 6/17 Lane : 3 Athlete: HOEFMAN HANNES					Q-time: 99:99:99
PB (25m pool): 01:24.77 Temse 23/12/2023 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:24.77	
	no time				
					

Coach feedback:

Event number: 3: 100M MEDLEY MEN 11+					Heat:15, starttime: 15:17
Heat: 15/17 Lane : 6 Athlete: VERHAGEN TOON					Q-time: 01:12:26
PB (25m pool): 01:12.26 Temse 21/12/2025 PB (50m pool): no time SB: 01:12.26 Temse 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.28		01:12.26	
	00:34.28		00:37.98		
					

Coach feedback:

Event number: 3: 100M MEDLEY MEN 11+					Heat:16, starttime: 15:19
Heat: 16/17 Lane : 5 Athlete: VERHAGEN ROBBE					Q-time: 01:08:62
PB (25m pool): 01:08.62 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.89		01:08.62	
	00:31.89		00:36.73		
					

Coach feedback:

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

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:3, starttime: 15:45
Heat: 3/15 Lane : 2 Athlete: WULLAERT LIESE			Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:9, starttime: 15:51
Heat: 9/15 Lane : 4 Athlete: VERHULST AMBER			Q-time: 00:34:37
PB (25m pool): 00:33.90 Sinbad 26/05/2024			PB (50m pool): 00:34.37 SB: no time
	2 5 M	5 0 M	
PB		00:33.90	
	00:33.90		
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:9, starttime: 15:51
Heat: 9/15 Lane : 6 Athlete: VAN DE VYVERE LENA			Q-time: 00:35:54
PB (25m pool): 00:35.54 Sint-Niklaas 28/12/2025			PB (50m pool): no time SB: 00:35.54 Sint-Niklaas 28/12/2025
	2 5 M	5 0 M	
PB		00:35.54	
	00:35.54		
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:11, starttime: 15:53
Heat: 11/15 Lane : 2 Athlete: VERHULST NOOR			Q-time: 00:33:34
PB (25m pool): 00:33.34 Sint-Niklaas 28/12/2025			PB (50m pool): 00:33.58 SB: 00:33.34 Sint-Niklaas 28/12/2025
	2 5 M	5 0 M	
PB		00:33.34	
	00:33.34		
			

Coach feedback:

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Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:14, starttime: 15:56
Heat: 14/15 Lane : 2 Athlete: DE BREUCK MARIE			Q-time: 00:31:46
PB (25m pool): 00:31.51 Dendermonde. 22/11/2025			PB (50m pool): 00:31.46 SB: 00:31.51 Dendermonde. 22/11/2025
	2 5 M	5 0 M	
PB		00:31.51	
		00:31.51	
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:15, starttime: 15:57
Heat: 15/15 Lane : 1 Athlete: LIETAR LAURINE			Q-time: 00:30:85
PB (25m pool): 00:29.69 Zottegem, Bevegemse vijvers 27/03/2025			PB (50m pool): 00:30.85 SB: no time
	2 5 M	5 0 M	
PB		00:29.69	
		00:29.69	
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:15, starttime: 15:57
Heat: 15/15 Lane : 5 Athlete: PUNZO MICHELLE			Q-time: 00:30:76
PB (25m pool): 00:30.76 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:31.60 SB: 00:30.76 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	
PB		00:30.76	
		00:30.76	
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:15, starttime: 15:57
Heat: 15/15 Lane : 6 Athlete: VAN HUL EMMA			Q-time: 00:31:22
PB (25m pool): 00:31.22 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:32.13 SB: 00:31.22 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	
PB		00:31.22	
		00:31.22	
			

Coach feedback:

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

Event number: 8: 50M FREESTYLE MEN 11+			Heat:7, starttime: 16:03
Heat: 7/9 Lane : 1 Athlete: HOEFMAN HANNES			Q-time: 00:30:22
PB (25m pool): 00:30.22 T ROSCO 12/10/2025			PB (50m pool): 00:30.83 SB: 00:30.22 T ROSCO 12/10/2025
	2 5 M	5 0 M	
PB		00:30.22	
		00:30.22	
			

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+			Heat:8, starttime: 16:04
Heat: 8/9 Lane : 4 Athlete: VANHAVERE DAAN			Q-time: 00:28:77
PB (25m pool): 00:27.98 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:29.61 SB: 00:27.98 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M	
PB		00:27.98	
		00:27.98	
			

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+			Heat:8, starttime: 16:04
Heat: 8/9 Lane : 5 Athlete: BOURDIAUDHY THIBAU			Q-time: 00:29:01
PB (25m pool): 00:28.16 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:30.70 SB: 00:28.16 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M	
PB		00:28.16	
		00:28.16	
			

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+			Heat:9, starttime: 16:05
Heat: 9/9 Lane : 4 Athlete: VERHAGEN ROBBE			Q-time: 00:26:72
PB (25m pool): 00:26.72 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:27.71 SB: 00:26.72 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	
PB		00:26.72	
		00:26.72	
			

Coach feedback:

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

Event number: 8: 50M FREESTYLE MEN 11+										Heat:9, starttime: 16:05				
Heat: 9/9 Lane : 5 Athlete: VERHAGEN TOON										Q-time: 00:28:10				
PB (25m pool): 00:28.04 Stedelijk Zwembad Geel 15/02/2026										PB (50m pool): 00:31.23 SB: 00:28.04 Stedelijk Zwembad Geel 15/02/2026				
	2 5 M		5 0 M											
PB			00:28.04											
	00:28.04													
														

Coach feedback:

Event number: 9: 200M BACKSTROKE WOMEN 11+						Heat:5, starttime: 16:23		
Heat: 5/16 Lane : 4 Athlete: WULLAERT LIESE						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: 9: 200M BACKSTROKE WOMEN 11+						Heat:8, starttime: 16:36		
Heat: 8/16 Lane : 5 Athlete: VAN DE VYVERE LENA						Q-time: 03:28:28		
PB (25m pool): no time						PB (50m pool): 03:28.28 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: 9: 200M BACKSTROKE WOMEN 11+						Heat:10, starttime: 16:45		
Heat: 10/16 Lane : 1 Athlete: VAN HUL EMMA						Q-time: 03:15:28		
PB (25m pool): 03:07.43 T ROSCO 20/10/2024						PB (50m pool): 03:15.28 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		00:42.31		01:30.47		02:19.82		03:07.43
		00:42.31		00:48.16		00:49.35		00:47.61
								

Coach feedback:

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

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:10, starttime: 16:45	
Heat: 10/16 Lane : 4 Athlete: LIETAR LAURINE							Q-time: 03:08:71	
PB (25m pool): 03:01.17 Temse 12/03/2023				PB (50m pool): 03:08.71 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		03:01.17
	no time							
								

Coach feedback:

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:11, starttime: 16:49	
Heat: 11/16 Lane : 5 Athlete: PUNZO MICHELLE							Q-time: 03:04:32	
PB (25m pool): 03:04.32 Sint-Amandsberg 19/10/2025				PB (50m pool): 03:18.93 SB: 03:04.32 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		00:43.31		01:30.84		02:17.89		03:04.32
	00:43.31		00:47.53		00:47.05		00:46.43	
								

Coach feedback:

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:12, starttime: 16:53	
Heat: 12/16 Lane : 1 Athlete: VERHULST AMBER							Q-time: 03:01:96	
PB (25m pool): 03:01.88 Temse 12/03/2023			PB (50m pool): 03:14.41 SB: 03:01.96 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		no time		no time		no time		03:01.88
	no time							
								

Coach feedback:

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:13, starttime: 16:56	
Heat: 13/16 Lane : 5 Athlete: DE BREUCK MARIE							Q-time: 02:56:18	
PB (25m pool): 02:50.19 Sinbad 29/12/2024				PB (50m pool): 02:56.18SB: 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		00:41.69		01:25.38		no time		02:50.19
	00:41.69		00:43.69					
								

Coach feedback:

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

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:14, starttime: 17:00	
Heat: 14/16 Lane : 1 Athlete: VERHULST NOOR							Q-time: 02:49:60	
PB (25m pool): 02:49.60 Sint-Niklaas 28/12/2025				PB (50m pool): 02:54.65 SB: 02:49.60 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		00:40.17		01:22.60		no time		02:49.60
	00:40.17		00:42.43					
								

Coach feedback:

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:16, starttime: 17:07	
Heat: 16/16 Lane : 5 Athlete: VAN DAELE JOSEFIEN							Q-time: 02:44:28	
PB (25m pool): 02:44.28 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:51.21 SB: 02:44.28 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		00:39.06		01:20.41		02:02.75		02:44.28
	00:39.06		00:41.35		00:42.34		00:41.53	
								

Coach feedback:

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:10, starttime: 17:49	
Heat: 10/13 Lane : 4 Athlete: HOEFMAN HANNES							Q-time: 02:45:00	
PB (25m pool): 02:45.00 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:44.48 SB: 02:45.00 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		00:38.68		01:20.17		02:03.21		02:45.00
	00:38.68		00:41.49		00:43.04		00:41.79	
								

Coach feedback:

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:11, starttime: 17:53	
Heat: 11/13 Lane : 2 Athlete: VANHAVERE DAAN							Q-time: 02:40:09	
PB (25m pool): 02:40.09 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:51.48SB: 02:40.09 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		00:38.45		01:19.73		02:00.84		02:40.09
	00:38.45		00:41.28		00:41.11		00:39.25	
								

Coach feedback:

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

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:12, starttime: 17:56	
Heat: 12/13 Lane : 6 Athlete: BOURDIAUDHY THIBAU							Q-time: 02:38:12	
PB (25m pool): 02:46.73 T ROSCO 20/10/2024				PB (50m pool): 02:38.12 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		00:39.74		01:21.91		02:04.93		02:46.73
	00:39.74		00:42.17		00:43.02		00:41.80	
								

Coach feedback:

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:13, starttime: 18:00	
Heat: 13/13 Lane : 2 Athlete: BEN AYAD NAOUFAL							Q-time: 02:27:80	
PB (25m pool): 02:27.80 TEMSE 23/11/2025				PB (50m pool): 02:42.47 SB: 02:27.80 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		00:36.45		01:13.67		01:51.53		02:27.80
	00:36.45		00:37.22		00:37.86		00:36.27	
								

Coach feedback:

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:13, starttime: 18:00	
Heat: 13/13 Lane : 3 Athlete: VERHAGEN ROBBE							Q-time: 02:22:16	
PB (25m pool): 02:22.16 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:27.51 SB: 02:22.16 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		00:32.97		01:08.40		01:45.21		02:22.16
	00:32.97		00:35.43		00:36.81		00:36.95	
								

Coach feedback:

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:13, starttime: 18:00	
Heat: 13/13 Lane : 6 Athlete: VERHAGEN TOON							Q-time: 02:31:58	
PB (25m pool): 02:31.58 TEMSE 23/11/2025				PB (50m pool): 02:37.42 SB: 02:31.58 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		00:36.68		01:16.03		01:54.64		02:31.58
	00:36.68		00:39.35		00:38.61		00:36.94	
								

Coach feedback: