

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

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

Coaches: De Pauw Bieke

Coaches: Dierickx Kaat HEADCOACH

Coaches: Vanderrijst Ananza

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 : 1 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	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 14:18
Heat: 7/21 Lane : 4 Athlete: COWIE EMMA					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 : 2 Athlete: VAN PETEGHEM LAYLA					Q-time: 01:42:48
PB (25m pool): 01:42.48 Dendermonde 22/11/2025 PB (50m pool): no time SB: 01:42.48 Dendermonde 22/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:42.48	
	no time				
					

Coach feedback:

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

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:11, starttime: 14:28
Heat: 11/21 Lane : 3 Athlete: MARTENS ESTEE					Q-time: 01:37:00
PB (25m pool): 01:37.00 Temse 21/12/2025			PB (50m pool): no time SB: 01:37.00 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.11		01:37.00	
	00:45.11		00:51.89		
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:11, starttime: 14:28
Heat: 11/21 Lane : 4 Athlete: WINDHEY FIEN					Q-time: 01:37:17
PB (25m pool): 01:37.17 Lokeren 28/09/2025			PB (50m pool): no time SB: 01:37.17 Lokeren 28/09/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.67		01:37.17	
	00:45.67		00:51.50		
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:11, starttime: 14:28
Heat: 11/21 Lane : 5 Athlete: VAN PETEGHEM ALINE					Q-time: 01:38:07
PB (25m pool): 01:38.07 TEMSE 30/03/2025			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.87		01:38.07	
	00:46.87		00:51.20		
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:12, starttime: 14:30
Heat: 12/21 Lane : 4 Athlete: MAES LENA					Q-time: 01:31:33
PB (25m pool): 01:31.33 Liedekerke 11/11/2025			PB (50m pool): no time SB: 01:31.33 Liedekerke 11/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:31.33	
	no time				
					

Coach feedback:

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

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:12, starttime: 14:30
Heat: 12/21 Lane : 6 Athlete: DE LETTER LINDE					Q-time: 01:35:05
PB (25m pool): 01:35.05 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		00:45.53		01:35.05	
	00:45.53		00:49.52		
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:13, starttime: 14:32
Heat: 13/21 Lane : 2 Athlete: VANDERSCHAEGHE ELLA					Q-time: 01:29:24
PB (25m pool): 01:29.24 TEMSE 30/03/2025					PB (50m pool): no time SB: 01:29.63 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.43		01:29.24	
	00:42.43		00:46.81		
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:14, starttime: 14:34
Heat: 14/21 Lane : 1 Athlete: THIELEMANS MAXINE					Q-time: 01:27:77
PB (25m pool): 01:27.77 Liedekerke 11/11/2025					PB (50m pool): no time SB: 01:27.77 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:27.77	
	no time				
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:14, starttime: 14:34
Heat: 14/21 Lane : 2 Athlete: VAN GOETHEM LOTTE					Q-time: 01:26:88
PB (25m pool): 01:26.88 Lokeren 28/09/2025					PB (50m pool): no time SB: 01:26.88 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.40		01:26.88	
	00:41.40		00:45.48		
					

Coach feedback:

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Event number: 2: 100M MEDLEY WOMEN 11+					Heat:15, starttime: 14:35
Heat: 15/21 Lane : 1 Athlete: DE MAEIJER ELENA					Q-time: 01:25:15
PB (25m pool): 01:25.15 Dendermonde 22/11/2025					PB (50m pool): no time SB: 01:25.15 Dendermonde 22/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:25.15	
	no time				
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:16, starttime: 14:37
Heat: 16/21 Lane : 2 Athlete: COWIE LORE					Q-time: 01:23:59
PB (25m pool): 01:23.59 Liedekerke 11/11/2025					PB (50m pool): no time SB: 01:23.59 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.59	
	no time				
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:17, starttime: 14:39
Heat: 17/21 Lane : 6 Athlete: DE WINTER LORE					Q-time: 01:22:92
PB (25m pool): 01:22.92 Lokeren 28/09/2025					PB (50m pool): no time SB: 01:22.92 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.31		01:22.92	
	00:39.31		00:43.61		
					

Coach feedback:

Event number: 2: 100M MEDLEY WOMEN 11+					Heat:20, starttime: 14:44
Heat: 20/21 Lane : 2 Athlete: TAE LMAN YADE					Q-time: 01:17:05
PB (25m pool): 01:17.05 Lokeren 28/09/2025					PB (50m pool): no time SB: 01:17.05 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.26		01:17.05	
	00:36.26		00:40.79		
					

Coach feedback:

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Event number: 3: 100M MEDLEY MEN 11+					Heat:3, starttime: 14:52
Heat: 3/17 Lane : 5 Athlete: HAECK RUNE					Q-time: 99:99:99
PB (25m pool): 01:34.24 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		01:34.24	
	no time				
					

Coach feedback:

Event number: 3: 100M MEDLEY MEN 11+					Heat:10, starttime: 15:08
Heat: 10/17 Lane : 3 Athlete: HEYNZE OTIS					Q-time: 01:30:96
PB (25m pool): 01:30.96 Lokeren 28/09/2025					PB (50m pool): no time SB: 01:30.96 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.32		01:30.96	
	00:42.32 00:48.64				
					

Coach feedback:

Event number: 3: 100M MEDLEY MEN 11+					Heat:10, starttime: 15:08
Heat: 10/17 Lane : 6 Athlete: VANDERSCHAE GHE DAAN					Q-time: 01:34:58
PB (25m pool): 01:32.78 Temse 22/12/2024					PB (50m pool): no time SB: 01:36.15 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.64		01:32.78	
	00:44.64 00:48.14				
					

Coach feedback:

Event number: 3: 100M MEDLEY MEN 11+					Heat:11, starttime: 15:10
Heat: 11/17 Lane : 2 Athlete: HEYNZE LASSE					Q-time: 01:28:67
PB (25m pool): 01:28.67 Lokeren 28/09/2025					PB (50m pool): no time SB: 01:28.67 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.87		01:28.67	
	00:42.87 00:45.80				
					

Coach feedback:

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

Event number: 3: 100M MEDLEY MEN 11+					Heat:13, starttime: 15:14
Heat: 13/17 Lane : 5 Athlete: VAN RAEMDONCK SIEBE					Q-time: 01:19:39
PB (25m pool): 01:19.39 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		00:35.31		01:19.39	
	00:35.31		00:44.08		
					

Coach feedback:

Event number: 3: 100M MEDLEY MEN 11+					Heat:15, starttime: 15:17
Heat: 15/17 Lane : 5 Athlete: VAN NEER LOWIEK					Q-time: 01:11:45
PB (25m pool): 01:11.45 Dendermonde 22/11/2025					PB (50m pool): no time SB: 01:11.45 Dendermonde 22/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:11.45	
	no time				
					

Coach feedback:

Event number: 4: 200M BUTTERFLY WOMEN 11+							Heat:2, starttime: 15:25	
Heat: 2/2 Lane : 4 Athlete: DE MEY AURORA							Q-time: 03:01:83	
PB (25m pool): 03:01.83 Sint-Amandsberg 19/10/2025							PB (50m pool): 03:01.67 SB: 03:01.83 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		00:39.02		01:25.96		02:13.82		03:01.83
	00:39.02		00:46.94		00:47.86		00:48.01	
								

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+							Heat:4, starttime: 15:46		
Heat: 4/15 Lane : 3 Athlete: COWIE EMMA							Q-time: 00:40:83		
PB (25m pool): 00:40.83 Lokeren 28/09/2025							PB (50m pool): 00:37.73SB: 00:40.83 Lokeren 28/09/2025		
	2 5 M		5 0 M						
PB			00:40.83						
	00:40.83								
									

Coach feedback:

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Event number: 7: 50M FREESTYLE WOMEN 11+						Heat:13, starttime: 15:55	
Heat: 13/15 Lane : 1 Athlete: COWIE LORE						Q-time: 00:32:12	
PB (25m pool): 00:32.12 Dendermonde 22/11/2025			PB (50m pool): 00:31.76 SB: 00:32.12 Dendermonde 22/11/2025				
	2 5 M	5 0 M					
PB		00:32.12					
	00:32.12						
							

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+						Heat:13, starttime: 15:55	
Heat: 13/15 Lane : 6 Athlete: DE MEY AURORA						Q-time: 00:32:16	
PB (25m pool): 00:34.07 TEMSE 30/03/2025			PB (50m pool): 00:32.81 SB: no time				
	2 5 M	5 0 M					
PB		00:34.07					
	00:34.07						
							

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+						Heat:7, starttime: 16:03	
Heat: 7/9 Lane : 3 Athlete: VAN RAEMDONCK SIEBE						Q-time: 00:29:55	
PB (25m pool): 00:29.55 Lokeren 28/09/2025			PB (50m pool): 00:37.20 SB: 00:29.55 Lokeren 28/09/2025				
	2 5 M	5 0 M					
PB		00:29.55					
	00:29.55						
							

Coach feedback:

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 16:10	
Heat: 2/16 Lane : 1 Athlete: VANDERSCHAEGHE ELLA							Q-time: 99:99:99	
PB (25m pool): 03:35.39 Ronse 17/03/2024				PB (50m pool): 03:21.58SB: 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		03:35.39
	no time							
								

Coach feedback:

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

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 16:10	
Heat: 2/16 Lane : 4 Athlete: MARTENS ESTEE							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:4, starttime: 16:19	
Heat: 4/16 Lane : 3 Athlete: VAN GOETHEM LOTTE							Q-time: 99:99:99	
PB (25m pool): 03:31.87 Ronse 17/03/2024			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		no time		no time		no time		03:31.87
	no time							
								

Coach feedback:

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:6, starttime: 16:28	
Heat: 6/16 Lane : 2 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	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:6, starttime: 16:28	
Heat: 6/16 Lane : 4 Athlete: MAES LENA							Q-time: 99:99:99	
PB (25m pool): 03:37.79 Aartselaar 01/11/2024			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		00:51.15		01:46.10		no time		03:37.79
	00:51.15		00:54.95					
								

Coach feedback:

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

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:6, starttime: 16:28	
Heat: 6/16 Lane : 5 Athlete: VAN PETEGHEM LAYLA							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:7, starttime: 16:32	
Heat: 7/16 Lane : 5 Athlete: DE WINTER LORE							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:9, starttime: 16:41	
Heat: 9/16 Lane : 6 Athlete: VAN PETEGHEM ALINE							Q-time: 03:25:04	
PB (25m pool): 03:25.04 Sint-Amandsberg 19/10/2025			PB (50m pool): 03:29.68SB: 03:25.04 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		01:42.05		01:41.81		no time		03:25.04
	01:42.05							
								

Coach feedback:

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:10, starttime: 16:45	
Heat: 10/16 Lane : 2 Athlete: WINDHEY FIEN							Q-time: 03:11:11	
PB (25m pool): 03:11.11 Sint-Niklaas 28/12/2025			PB (50m pool): 03:18.30SB: 03:11.11 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		00:45.81		01:33.90		no time		03:11.11
	00:45.81		00:48.09					
								

Coach feedback:

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

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:10, starttime: 16:45	
Heat: 10/16 Lane : 3 Athlete: THIELEMANS MAXINE							Q-time: 03:06:33	
PB (25m pool): 03:06.33 Sint-Amandsberg 19/10/2025				PB (50m pool): 03:19.59SB: 03:06.33 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		00:43.58		01:30.92		02:19.41		03:06.33
	00:43.58		00:47.34		00:48.49		00:46.92	
								

Coach feedback:

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:11, starttime: 16:49	
Heat: 11/16 Lane : 1 Athlete: DE MAEIJER ELENA							Q-time: 03:04:85	
PB (25m pool): 03:04.85 Lokeren 28/09/2025				PB (50m pool): 03:13.49SB: 03:04.85 Lokeren 28/09/2025				
	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		00:42.43		01:29.35		02:18.34		03:04.85
	00:42.43		00:46.92		00:48.99		00:46.51	
								

Coach feedback:

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:12, starttime: 16:53	
Heat: 12/16 Lane : 4 Athlete: DE LETTER LINDE							Q-time: 03:00:18	
PB (25m pool): 03:00.18 Sint-Niklaas 28/12/2025				PB (50m pool): 03:08.11 SB: 03:00.18 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		00:43.50		01:30.20		no time		03:00.18
	00:43.50		00:46.70					
								

Coach feedback:

Event number: 9: 200M BACKSTROKE WOMEN 11+							Heat:16, starttime: 17:07	
Heat: 16/16 Lane : 2 Athlete: TAEELMAN YADE							Q-time: 02:42:44	
PB (25m pool): 02:42.44 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:47.78SB: 02:42.44 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		00:39.11		01:20.60		02:02.66		02:42.44
	00:39.11		00:41.49		00:42.06		00:39.78	
								

Coach feedback:

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Event number: 10: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 17:15	
Heat: 2/13 Lane : 5 Athlete: VAN NEER LOWIEK							Q-time: 99:99:99	
PB (25m pool): 02:37.69 Sinbad 29/12/2024				PB (50m pool): 02:41.23SB: 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		00:37.59		01:17.51		no time		02:37.69
	00:37.59		00:39.92					
								

Coach feedback:

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 17:20	
Heat: 3/13 Lane : 1 Athlete: VANDERSCHAEGHE DAAN							Q-time: 99:99:99	
PB (25m pool): 03:33.86 Ronse 17/03/2024				PB (50m pool): 03:25.67 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		03:33.86
	no time							
								

Coach feedback:

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:4, starttime: 17:24	
Heat: 4/13 Lane : 5 Athlete: HEYNZE OTIS							Q-time: 99:99:99	
PB (25m pool): 03:41.93 Ronse 17/03/2024				PB (50m pool): 03:24.52SB: 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		03:41.93
	no time							
								

Coach feedback:

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:8, starttime: 17:42	
Heat: 8/13 Lane : 3 Athlete: HEYNZE LASSE							Q-time: 03:02:96	
PB (25m pool): 03:02.96 Sint-Amandsberg 19/10/2025				PB (50m pool): 03:03.43SB: 03:02.96 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		00:43.85		01:30.29		02:18.27		03:02.96
	00:43.85		00:46.44		00:47.98		00:44.69	
								

Coach feedback:

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

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:9, starttime: 17:46	
Heat: 9/13 Lane : 1 Athlete: HAECK RUNE							Q-time: 03:01:44	
PB (25m pool): 03:01.44 Lokeren 05/04/2025				PB (50m pool): 02:58.40SB: 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		00:44.48		01:30.73		02:17.64		03:01.44
	00:44.48		00:46.25		00:46.91		00:43.80	
								

Coach feedback: