ROV dag5: Session: 1: COACH Evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bijloos Annie

Coaches: Smet Elke HEADCOACH

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

Event number: 1: 200M FREESTYLE MIXED 10-9 — Heat:1, starttime: 14:00

Heat: 1/2 Lane : 6 Athlete: MEEUS JANNE — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 1: 200M FREESTYLE MIXED 10-9 — Heat:2, starttime: 14:04

Heat: 2/2 Lane : 1 Athlete: SCHEPERS ARNE — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:1, starttime: 14:08

Heat: 1/14 Lane : 4 Athlete: DEN TANDT AMBER — **Q-time: 99:99:99**

PB (25m pool): 01:08.24 LAGO Rozebroeken 23/10/2022 **PB (50m pool):** 01:08.94 **SB:** no time

	25M	50M	75M	100M	
PB		no time		01:08.24	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

ROV dag5: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:3, starttime: 14:13

Heat: 3/14 Lane : 3 Athlete: MORATO ALIX — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:3, starttime: 14:13

Heat: 3/14 Lane : 8 Athlete: DE WOLF ROOS — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:4, starttime: 14:15

Heat: 4/14 Lane : 5 Athlete: HUYLEBROECK JANNE — **Q-time: 01:29:09**

PB (25m pool): 01:29.09 Temse 21/12/2025 **PB (50m pool):** 01:27.07 **SB:** 01:29.09 Temse 21/12/2025

	25 M	50 M	75 M	100 M	
PB		00:43.72		01:29.09	
	00:43.72		*00:45.37*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:8, starttime: 14:23

Heat: 8/14 Lane : 5 Athlete: BELMANS MARGAUX — **Q-time: 01:17:94**

PB (25m pool): 01:21.39 Aartselaar 01/11/2025 **PB (50m pool):** 01:17.94 **SB:** 01:21.39 Aartselaar 01/11/2025

	25 M	50 M	75 M	100 M	
PB		00:37.67		01:21.39	
	00:37.67		*00:43.72*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

ROV dag5: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:10, starttime: 14:27

Heat: 10/14 Lane : 7 Athlete: DEBAETS ELIEN — **Q-time: 01:14:86**

PB (25m pool): 01:14.86 Temse 21/12/2025 — **PB (50m pool):** 01:14.88 **SB:** 01:14.86 Temse 21/12/2025

	25 M	50 M	75 M	100 M	
PB		00:35.21		01:14.86	
		00:35.21		*00:39.65*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:11, starttime: 14:29

Heat: 11/14 Lane : 1 Athlete: HEYLEN ROOS — **Q-time: 01:13:21**

PB (25m pool): 01:15.03 Temse 21/12/2025 — **PB (50m pool):** 01:13.21 **SB:** 01:15.03 Temse 21/12/2025

	25 M	50 M	75 M	100 M	
PB		00:35.77		01:15.03	
		00:35.77		*00:39.26*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:1, starttime: 14:36

Heat: 1/11 Lane : 4 Athlete: PINTILIE FABIAN — **Q-time: 99:99:99**

PB (25m pool): no time — **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:2, starttime: 14:38

Heat: 2/11 Lane : 1 Athlete: DE LANDSHEER OSKAR — **Q-time: 99:99:99**

PB (25m pool): no time — **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

ROV dag5: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:2, starttime: 14:38

Heat: 2/11 Lane : 4 Athlete: DIERICK ROBBE — **Q-time: 01:38:36**

PB (25m pool): 01:38.36 Temse 21/12/2025 **PB (50m pool):** 01:43.51 **SB:** 01:38.36 Temse 21/12/2025

	25 M	50 M	75 M	100 M	
PB		00:45.41		01:38.36	
		00:45.41		*00:52.95*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:3, starttime: 14:40

Heat: 3/11 Lane : 8 Athlete: REYNIERS WARRE — **Q-time: 01:31:22**

PB (25m pool): 01:31.22 TEMSE 23/11/2025 **PB (50m pool):** 01:25.96 **SB:** 01:31.22 TEMSE 23/11/2025

	25 M	50 M	75 M	100 M	
PB		00:44.38		01:31.22	
		00:44.38		*00:46.84*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:7, starttime: 14:48

Heat: 7/11 Lane : 2 Athlete: BOEL ELIAS — **Q-time: 01:11:42**

PB (25m pool): 01:12.32 Temse 17/11/2025 **PB (50m pool):** 01:11.42 **SB:** 01:12.32 Temse 17/11/2025

	25 M	50 M	75 M	100 M	
PB		00:34.88		01:12.32	
		00:34.88		*00:37.44*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:8, starttime: 14:49

Heat: 8/11 Lane : 4 Athlete: VAN DE WINKEL MILAN — **Q-time: 01:04:13**

PB (25m pool): 01:04.13 T ROSCO 12/10/2025 **PB (50m pool):** 01:02.69 **SB:** 01:04.13 T ROSCO 12/10/2025

	25 M	50 M	75 M	100 M	
PB		no time		01:04.13	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

ROV dag5: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:10, starttime: 14:53

Heat: 10/11 Lane : 7 Athlete: BOONE FELIX — **Q-time: 01:02:23**

PB (25m pool): 01:02.23 Temse 21/12/2025 **PB (50m pool):** 01:03.39 **SB:** 01:02.23 Temse 21/12/2025

	25M	50M	75M	100M	
PB		00:29.93		01:02.23	
		00:29.93		*00:32.30*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 400M MEDLEY WOMEN 11+ — Heat:4, starttime: 15:19

Heat: 4/4 Lane : 3 Athlete: VANDER MIJNSBRUGGE LORE — **Q-time: 05:57:20**

PB (25m pool): 05:57.20 Temse 21/12/2025 **PB (50m pool):** 06:11.96 **SB:** 05:57.20 Temse 21/12/2025

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:38.90		01:27.09		02:11.10		02:53.47
		00:38.90		*00:48.19*		*00:44.01*		*00:42.37*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:46.28		04:40.52		05:20.89		05:57.20
		00:52.81		*00:54.24*		*00:40.37*		*00:36.31*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 5: 400M MEDLEY MEN 11+ — Heat:3, starttime: 15:42

Heat: 3/4 Lane : 5 Athlete: DE COCK MATZ — **Q-time: 05:59:94**

PB (25m pool): 05:59.94 Zottegem 09/03/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		01:28.49		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		no time		no time		no time		05:59.94
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

ROV dag5: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 5: 400M MEDLEY MEN 11+ — Heat:3, starttime: 15:42

Heat: 3/4 Lane : 6 Athlete: SCHEPERS RUBEN — **Q-time: 06:43:56**

PB (25m pool): 06:43.56 Zottegem 09/03/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		01:38.13		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	225M	250M	275M	300	325	350	375	400M
PB		no time		no time		no time		06:43.56
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+ — Heat:7, starttime: 16:28

Heat: 7/8 Lane : 3 Athlete: VANDER MIJNSBRUGGE LORE — **Q-time: 03:24:04**

PB (25m pool): 03:24.04 Aartselaar 01/11/2025 **PB (50m pool):** no time **SB:** 03:24.04 Aartselaar 01/11/2025

	25M	50M	75M	100	125	150	175	200M
PB		00:44.81		01:38.04		no time		03:24.04
		00:44.81		*00:53.23*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 11+ — Heat:1, starttime: 16:36

Heat: 1/7 Lane : 7 Athlete: BOEL ELIAS — **Q-time: 99:99:99**

PB (25m pool): 03:38.06 T ROSCO 20/10/2024 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:50.01		01:46.28		02:41.87		03:38.06
		00:50.01		*00:56.27*		*00:55.59*		*00:56.19*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

ROV dag5: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 8: 200M BREASTSTROKE MEN 11+ — Heat:3, starttime: 16:46

Heat: 3/7 Lane : 3 Athlete: VAN DE WINKEL MILAN — **Q-time: 99:99:99**

PB (25m pool): 03:07.04 Sinbad 26/05/2024 **PB (50m pool):** 03:13.83 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		03:07.04
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 11+ — Heat:4, starttime: 16:50

Heat: 4/7 Lane : 3 Athlete: BOONE FELIX — **Q-time: 99:99:99**

PB (25m pool): 03:21.50 Temse 18/02/2024 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		03:21.50
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:1, starttime: 17:07

Heat: 1/12 Lane : 6 Athlete: DE WOLF ROOS — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	
PB		no time	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:3, starttime: 17:11

Heat: 3/12 Lane : 1 Athlete: MORATO ALIX — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	
PB		no time	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

ROV dag5: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:6, starttime: 17:15

Heat: 6/12 Lane : 3 Athlete: BELMANS MARGAUX — **Q-time: 00:43:60**

PB (25m pool): 00:50.73 Sinbad 05/10/2025 — **PB (50m pool):** 00:43.60 **SB:** 00:50.73 Sinbad 05/10/2025

	25 M	50 M	
PB		00:50.73	
	00:50.73		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:7, starttime: 17:16

Heat: 7/12 Lane : 3 Athlete: HUYLEBROECK JANNE — **Q-time: 00:42:22**

PB (25m pool): no time — **PB (50m pool):** 00:42.22 **SB:** no time

	25 M	50 M	
PB		no time	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:7, starttime: 17:16

Heat: 7/12 Lane : 4 Athlete: DEBAETS ELIEN — **Q-time: 00:42:00**

PB (25m pool): 00:42.00 Sinbad 05/10/2025 — **PB (50m pool):** 00:43.25 **SB:** 00:42.00 Sinbad 05/10/2025

	25 M	50 M	
PB		00:42.00	
	00:42.00		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:10, starttime: 17:20

Heat: 10/12 Lane : 8 Athlete: HEYLEN ROOS — **Q-time: 00:36:65**

PB (25m pool): 00:38.80 Dendermonde. 22/11/2025 — **PB (50m pool):** 00:36.65 **SB:** 00:38.80 Dendermonde. 22/11/2025

	25 M	50 M	
PB		00:38.80	
	00:38.80		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

ROV dag5: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:12, starttime: 17:22

Heat: 12/12 Lane : 7 Athlete: DEN TANDT AMBER — **Q-time: 00:34:06**

PB (25m pool): 00:34.01 Sint-Amandsberg 22/10/2023 **PB (50m pool):** 00:33.90 **SB:** no time

	25 M	50 M	
PB		00:34.01	
	00:34.01		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+ — Heat:3, starttime: 17:27

Heat: 3/9 Lane : 4 Athlete: DE LANDSHEER OSKAR — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		no time	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+ — Heat:4, starttime: 17:29

Heat: 4/9 Lane : 1 Athlete: DIERICK ROBBE — **Q-time: 01:13:96**

PB (25m pool): no time **PB (50m pool):** 01:13.96 **SB:** no time

	25 M	50 M	
PB		no time	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+ — Heat:4, starttime: 17:29

Heat: 4/9 Lane : 3 Athlete: REYNIERS WARRE — **Q-time: 00:47:12**

PB (25m pool): no time **PB (50m pool):** 00:47.12 **SB:** no time

	25 M	50 M	
PB		no time	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

ROV dag5: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 10: 50M BUTTERFLY MEN 11+ — Heat:4, starttime: 17:29

Heat: 4/9 Lane : 8 Athlete: PINTILIE FABIAN — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	
PB		no time	
		no time	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+ — Heat:7, starttime: 17:33

Heat: 7/9 Lane : 2 Athlete: DE COCK MATZ — **Q-time: 00:34:73**

PB (25m pool): 00:34.73 Zottegem 09/03/2025 **PB (50m pool):** 00:32.01 **SB:** no time

	25M	50M	
PB		00:34.73	
		00:34.73	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+ — Heat:7, starttime: 17:33

Heat: 7/9 Lane : 4 Athlete: SCHEPERS RUBEN — **Q-time: 00:33:85**

PB (25m pool): 00:35.30 Dendermonde. 22/11/2025 **PB (50m pool):** 00:33.85 **SB:** 00:35.30 Dendermonde. 22/11/2025

	25M	50M	
PB		00:35.30	
		00:35.30	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 4x100M MEDLEY WOMEN 11+ — Heat:2, starttime: 17:43

Heat: 2/2 Lane : 3 Athlete: TEAM AZL OPEN — **Q-time: 05:20:97**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100M	125M	150M	175M	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB								

ROV dag5: Session: 1: COACH Evaluation sheet for TEAM: AZL

. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 4x100M MEDLEY MEN 11+ **Heat:2, starttime: 17:57**

Heat: 2/2 Lane : 3 Athlete: TEAM AZL OPEN **Q-time: 04:55:91**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100M	125M	150M	175M	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 4x100M MEDLEY MEN 11+ **Heat:2, starttime: 17:57**

Heat: 2/2 Lane : 7 Athlete: TEAM AZL 11-13 **Q-time: 99:99:99**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100M	125M	150M	175M	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: