ROV dag5: Session: 1: COACH evaluation sheet for TEAM: OZEKA

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

Coaches: Speliers Sabrina HEADCOACH

Coaches: Wielfaert Wout

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

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

Heat: 2/14 Lane : 4 Athlete: BELAEN ELISABETH | **Q-time: 99:99:99**

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

	25M	50M	75M	100M	
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 : 7 Athlete: RUYSSEN MERYL LOUISE MINGLAN | **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ Heat:9, starttime: 14:25

Heat: 9/14 Lane : 1 Athlete: VAN DE WALLE NORA | **Q-time: 01:16:08**

PB (25m pool): 01:12.78 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 01:14.85 **SB:** 01:12.78 Zwembad De Treffer 06/04/2026

	25M	50M	75M	100M	
PB		00:34.35		01:12.78	
	00:34.35		*00:38.43*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: OZEKA

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

Heat: 11/14 Lane : 8 Athlete: HOEYMANS ELISE — **Q-time: 01:13:42**

PB (25m pool): 01:13.42 Mons 28/06/2025 **PB (50m pool):** 01:14.69 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.04		01:13.42	
		00:35.04		*00:38.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/11 Lane : 2 Athlete: BOAST ALEXANDER — **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 : 8 Athlete: DE SCHUTTER NILLS — **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:5, starttime: 14:44

Heat: 5/11 Lane : 4 Athlete: VAN NIEUWENHUYZE LUKAS — **Q-time: 01:17:85**

PB (25m pool): 01:11.10 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 01:11.77 **SB:** 01:11.10 Zwembad De Treffer 06/04/2026

	25 M	50 M	75 M	100 M	
PB		00:33.31		01:11.10	
		00:33.31		*00:37.79*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: OZEKA

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:6, starttime: 14:46

Heat: 6/11 Lane : 6 Athlete: HOEYMANS CEDRIC — **Q-time: 01:15:25**

PB (25m pool): 01:15.25 Gent 23/02/2025 **PB (50m pool):** 01:14.64 **SB:** 01:17.95 Sint-Amandsberg 19/10/2025

	25M	50M	75M	100M	
PB		00:35.79		01:15.25	
		00:35.79		*00:39.46*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/11 Lane : 8 Athlete: DE REGGE MATTEO — **Q-time: 01:09:32**

PB (25m pool): 01:09.32 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 01:08.72 **SB:** 01:09.32 Sint-Amandsberg 19/10/2025

	25M	50M	75M	100M	
PB		00:33.00		01:09.32	
		00:33.00		*00:36.32*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 400M MEDLEY WOMEN 11+ — Heat:2, starttime: 15:04

Heat: 2/4 Lane : 5 Athlete: VAN LIERDE ROOS — **Q-time: 99:99:99**

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

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

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: OZEKA

Event number: 7: 200M BREASTSTROKE WOMEN 11+ — Heat:2, starttime: 16:03

Heat: 2/8 Lane : 1 Athlete: HOEYMANS ELISE — **Q-time: 99:99:99**

PB (25m pool): 03:29.55 LAGO Zwevegem 20/05/2024 **PB (50m pool):** 03:40.84 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		03:29.55
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+ — Heat:3, starttime: 16:09

Heat: 3/8 Lane : 1 Athlete: BELAEN ELISABETH — **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: 7: 200M BREASTSTROKE WOMEN 11+ — Heat:3, starttime: 16:09

Heat: 3/8 Lane : 3 Athlete: VAN DE WALLE NORA — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** 03:41.47 **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: 7: 200M BREASTSTROKE WOMEN 11+ — Heat:3, starttime: 16:09

Heat: 3/8 Lane : 5 Athlete: RUYSSEN MERYL LOUISE MINGLAN — **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:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: OZEKA

Event number: 8: 200M BREASTSTROKE MEN 11+ — Heat:2, starttime: 16:41

Heat: 2/7 Lane : 3 Athlete: DE SCHUTTER NILLS — **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: 8: 200M BREASTSTROKE MEN 11+ — Heat:4, starttime: 16:50

Heat: 4/7 Lane : 1 Athlete: VAN NIEUWENHUYZE LUKAS — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** 03:31.28 **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: 8: 200M BREASTSTROKE MEN 11+ — Heat:5, starttime: 16:55

Heat: 5/7 Lane : 5 Athlete: HOEYMANS CEDRIC — **Q-time: 03:37:55**

PB (25m pool): 03:37.55 Mons 29/03/2025 **PB (50m pool):** 03:45.20 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:50.14		01:45.63		02:41.39		03:37.55
	00:50.14		*00:55.49*		*00:55.76*		*00:56.16*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:9, starttime: 17:19

Heat: 9/12 Lane : 6 Athlete: VAN LIERDE ROOS — **Q-time: 00:37:33**

PB (25m pool): 00:37.33 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 00:36.65 **SB:** 00:37.33 Sint-Amandsberg 19/10/2025

	25M	50M
PB		00:37.33
	00:37.33	
	. . : . . : . .	. . : . . : . .

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: OZEKA

Event number: 10: 50M BUTTERFLY MEN 11+ **Heat:2, starttime: 17:25**

Heat: 2/9 Lane : 6 Athlete: BOAST ALEXANDER **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:5, starttime: 17:31**

Heat: 5/9 Lane : 4 Athlete: DE REGGE MATTEO **Q-time: 00:38:40**

PB (25m pool): **00:38.40 Sint-Amandsberg 19/10/2025** **PB (50m pool):** 00:35.54 **SB:** 00:38.40 Sint-Amandsberg 19/10/2025

	25M	50M	
PB		00:38.40	
	00:38.40		
	. . : . . : . .	. . : . . : . .	

Coach feedback: