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

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

Coaches: Staelen Freddy

Coaches: Martens Benjamien HEADCOACH

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

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

Heat: 4/14 Lane : 6 Athlete: VAN DER GUCHT LOTTE **Q-time: 01:33:02**

PB (25m pool): 01:23.92 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 01:29.06 **SB:** 01:23.92 Zwembad De Treffer 06/04/2026

	25 M	50 M	75 M	100 M	
PB		00:39.75		01:23.92	
		00:39.75		*00:44.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/14 Lane : 7 Athlete: MARTENS WINNE **Q-time: 01:33:84**

PB (25m pool): 01:32.49 Zwembad De Treffer 06/04/2026 **PB (50m pool):** no time **SB:** 01:32.49 Zwembad De Treffer 06/04/2026

	25 M	50 M	75 M	100 M	
PB		00:42.47		01:32.49	
		00:42.47		*00:50.02*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ Heat:5, starttime: 14:17

Heat: 5/14 Lane : 2 Athlete: EL MAJOUDI ANISSA **Q-time: 01:27:89**

PB (25m pool): 01:27.89 Durmehal 28/02/2026 **PB (50m pool):** no time **SB:** 01:27.89 Durmehal 28/02/2026

	25 M	50 M	75 M	100 M	
PB		00:41.15		01:27.89	
		00:41.15		*00:46.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:5, starttime: 14:17

Heat: 5/14 Lane : 6 Athlete: BOURFA SALMA — **Q-time: 01:27:61**

PB (25m pool): 01:23.73 Zwembad De Treffer 06/04/2026 **PB (50m pool):** no time **SB:** 01:23.73 Zwembad De Treffer 06/04/2026

	25 M	50 M	75 M	100 M	
PB		00:38.98		01:23.73	
		00:38.98		*00:44.75*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/14 Lane : 7 Athlete: DE HERT JANNE — **Q-time: 01:19:25**

PB (25m pool): 01:19.25 Sint-Niklaas 11/01/2026 **PB (50m pool):** no time **SB:** 01:19.25 Sint-Niklaas 11/01/2026

	25 M	50 M	75 M	100 M	
PB		00:38.93		01:19.25	
		00:38.93		*00:40.32*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/14 Lane : 7 Athlete: THOMAS LENA — **Q-time: 01:13:03**

PB (25m pool): 01:09.78 Sinbad 14/01/2024 **PB (50m pool):** 01:16.80 **SB:** 01:13.03 Sint-Niklaas 11/01/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:09.78	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:13, starttime: 14:32

Heat: 13/14 Lane : 7 Athlete: VAN HUL EMMA — **Q-time: 01:09:27**

PB (25m pool): 01:09.27 Temse 21/12/2025 **PB (50m pool):** 01:09.39 **SB:** 01:09.27 Temse 21/12/2025

	25 M	50 M	75 M	100 M	
PB		00:33.01		01:09.27	
		00:33.01		*00:36.26*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:14, starttime: 14:34

Heat: 14/14 Lane : 6 Athlete: PUNZO MICHELLE — **Q-time: 01:06:89**

PB (25m pool): 01:06.89 Temse 21/12/2025 **PB (50m pool):** 01:09.78 **SB:** 01:06.89 Temse 21/12/2025

	25 M	50 M	75 M	100 M	
PB		00:32.31		01:06.89	
		00:32.31		*00:34.58*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:14, starttime: 14:34

Heat: 14/14 Lane : 7 Athlete: DE BREUCK MARIE — **Q-time: 01:07:03**

PB (25m pool): 01:07.03 TEMSE 18/05/2025 **PB (50m pool):** no time **SB:** 01:07.54 Sint-Niklaas 11/01/2026

	25 M	50 M	75 M	100 M	
PB		00:32.67		01:07.03	
		00:32.67		*00:34.36*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/11 Lane : 6 Athlete: AMGHAR YOUNES — **Q-time: 01:27:68**

PB (25m pool): 01:24.07 Zwembad De Treffer 06/04/2026 **PB (50m pool):** no time **SB:** 01:24.07 Zwembad De Treffer 06/04/2026

	25 M	50 M	75 M	100 M	
PB		00:39.36		01:24.07	
		00:39.36		*00:44.71*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/11 Lane : 5 Athlete: COGEN ALEX — **Q-time: 01:13:59**

PB (25m pool): 01:13.59 Sint-Niklaas 11/01/2026 **PB (50m pool):** no time **SB:** 01:13.59 Sint-Niklaas 11/01/2026

	25 M	50 M	75 M	100 M	
PB		00:36.16		01:13.59	
		00:36.16		*00:37.43*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/11 Lane : 8 Athlete: VERHAGEN MIEL — **Q-time: 01:16:52**

PB (25m pool): 01:16.52 Durmehal 28/02/2026 **PB (50m pool):** no time **SB:** 01:16.52 Durmehal 28/02/2026

	25 M	50 M	75 M	100 M	
PB		00:36.59		01:16.52	
		00:36.59		*00:39.93*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/11 Lane : 5 Athlete: MARTENS YWEIN — **Q-time: 01:04:67**

PB (25m pool): 01:04.59 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 01:07.53 **SB:** 01:04.59 Zwembad De Treffer 06/04/2026

	25 M	50 M	75 M	100 M	
PB		00:31.62		01:04.59	
		00:31.62		*00:32.97*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:9, starttime: 14:51

Heat: 9/11 Lane : 1 Athlete: QUAGHEBEUR STAN — **Q-time: 01:03:79**

PB (25m pool): 01:03.79 Sint-Niklaas 11/01/2026 **PB (50m pool):** no time **SB:** 01:03.79 Sint-Niklaas 11/01/2026

	25 M	50 M	75 M	100 M	
PB		00:30.02		01:03.79	
		00:30.02		*00:33.77*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/8 Lane : 3 Athlete: JANSSENS STERRE — **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	125	150	175	200 M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/8 Lane : 8 Athlete: BOURFA SALMA **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:4, starttime: 16:14

Heat: 4/8 Lane : 5 Athlete: MARTENS WINNE **Q-time: 04:34:86**

PB (25m pool): no time **PB (50m pool):** 04:34.86 **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:4, starttime: 16:14

Heat: 4/8 Lane : 7 Athlete: DE HERT 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: 7: 200M BREASTSTROKE WOMEN 11+ Heat:5, starttime: 16:19

Heat: 5/8 Lane : 1 Athlete: VAN DER GUCHT LOTTE **Q-time: 03:56:14**

PB (25m pool): no time **PB (50m pool):** 03:56.14 **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: STW

Event number: 7: 200M BREASTSTROKE WOMEN 11+ — Heat:5, starttime: 16:19

Heat: 5/8 Lane : 6 Athlete: EL MAJOUDI ANISSA — **Q-time: 03:53:83**

PB (25m pool): 03:53.83 Zottegem 09/03/2025 **PB (50m pool):** 03:53.34 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:52.30		01:52.46		no time		03:53.83
		00:52.30		*01:00.16*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 7/8 Lane : 1 Athlete: PUNZO MICHELLE — **Q-time: 03:30:08**

PB (25m pool): 03:30.08 Zottegem 09/03/2025 **PB (50m pool):** 03:37.52 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:47.92		01:41.76		no time		03:30.08
		00:47.92		*00:53.84*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 7/8 Lane : 2 Athlete: DE BREUCK MARIE — **Q-time: 03:26:98**

PB (25m pool): 03:19.91 Sinbad 26/05/2024 **PB (50m pool):** 03:56.07 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		03:19.91
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+ — Heat:8, starttime: 16:32

Heat: 8/8 Lane : 2 Athlete: VAN HUL EMMA — **Q-time: 03:16:96**

PB (25m pool): 03:16.96 Zottegem 09/03/2025 **PB (50m pool):** 03:35.78 **SB:** 03:18.35 Sint-Amandsberg 19/10/2025

	25M	50M	75M	100	125	150	175	200M
PB		00:44.19		01:34.21		no time		03:16.96
		00:44.19		*00:50.02*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 3/7 Lane : 5 Athlete: MARTENS YWEIN **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:3, starttime: 16:46**

Heat: 3/7 Lane : 7 Athlete: QUAGHEBEUR STAN **Q-time: 99:99:99**

PB (25m pool): 03:28.10 T ROSCO 20/10/2024 **PB (50m pool):** 03:54.60 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:45.39		01:38.94		02:34.42		03:28.10
	00:45.39		*00:53.55*		*00:55.48*		*00:53.68*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/7 Lane : 2 Athlete: AMGHAR YOUNES **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 : 6 Athlete: VERHAGEN MIEL **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: STW

Event number: 8: 200M BREASTSTROKE MEN 11+ — Heat:5, starttime: 16:55

Heat: 5/7 Lane : 3 Athlete: COGEN ALEX — **Q-time: 03:37:71**

PB (25m pool): 03:37.71 Zottegem 09/03/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:49.65		01:46.67		no time		03:37.71
		00:49.65		*00:57.02*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/12 Lane : 8 Athlete: THOMAS LENA — **Q-time: 99:99:99**

PB (25m pool): 00:39.86 Temse 30/12/2021 **PB (50m pool):** no time **SB:** no time

	25M	50M
PB		00:39.86
		00:39.86
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 6/12 Lane : 5 Athlete: JANSSENS STERRE — **Q-time: 00:43:20**

PB (25m pool): no time **PB (50m pool):** 00:43.20 **SB:** no time

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

Coach feedback:

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

Heat: 9/12 Lane : 5 Athlete: DE BREUCK MARIE — **Q-time: 00:36:73**

PB (25m pool): 00:36.73 Zottegem 09/03/2025 **PB (50m pool):** 00:34.64 **SB:** no time

	25M	50M
PB		00:36.73
		00:36.73
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 9/12 Lane : 8 Athlete: VAN HUL EMMA — **Q-time: 00:38:75**

PB (25m pool): 00:38.75 Dendermonde. 22/11/2025 **PB (50m pool):** no time **SB:** 00:38.75 Dendermonde. 22/11/2025

	25 M	50 M	
PB		00:38.75	
		00:38.75	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/12 Lane : 1 Athlete: PUNZO MICHELLE — **Q-time: 00:34:11**

PB (25m pool): 00:34.11 Dendermonde. 22/11/2025 **PB (50m pool):** no time **SB:** 00:34.11 Dendermonde. 22/11/2025

	25 M	50 M	
PB		00:34.11	
		00:34.11	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+ — Heat:6, starttime: 17:32

Heat: 6/9 Lane : 5 Athlete: MARTENS YWEIN — **Q-time: 00:35:90**

PB (25m pool): 00:35.90 Dendermonde. 22/11/2025 **PB (50m pool):** 00:37.86 **SB:** 00:35.90 Dendermonde. 22/11/2025

	25 M	50 M	
PB		00:35.90	
		00:35.90	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/9 Lane : 8 Athlete: QUAGHEBEUR STAN — **Q-time: 00:35:47**

PB (25m pool): 00:35.47 Dendermonde. 22/11/2025 **PB (50m pool):** no time **SB:** 00:35.47 Dendermonde. 22/11/2025

	25 M	50 M	
PB		00:35.47	
		00:35.47	
	. . : . . : . .	. . : . . : . .	

Coach feedback: