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

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

Coaches: De Pauw Bieke HEADCOACH

Coaches: De Backer Tibo

Coaches: Vanderrijst Ananza

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

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

Heat: 3/14 Lane : 4 Athlete: VAN PETEGHEM LAYLA **Q-time: 01:42:10**

PB (25m pool): 01:42.10 TEMSE 30/03/2025 **PB (50m pool):** 01:39.23 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:48.56		01:42.10	
		00:48.56		*00:53.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/14 Lane : 2 Athlete: COLPAERT LEONIE **Q-time: 01:33:21**

PB (25m pool): 01:33.21 Temse 21/12/2025 **PB (50m pool):** 01:30.83 **SB:** 01:33.21 Temse 21/12/2025

	25 M	50 M	75 M	100 M	
PB		00:46.00		01:33.21	
		00:46.00		*00:47.21*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/14 Lane : 3 Athlete: DE KEIJSER FIEBE **Q-time: 01:31:44**

PB (25m pool): 01:31.44 Sint-Niklaas 11/01/2026 **PB (50m pool):** no time **SB:** 01:31.44 Sint-Niklaas 11/01/2026

	25 M	50 M	75 M	100 M	
PB		00:44.02		01:31.44	
		00:44.02		*00:47.42*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/14 Lane : 1 Athlete: WINDHEY FIEN — **Q-time: 01:28:44**

PB (25m pool): 01:28.98 Zottegem 09/03/2025 **PB (50m pool):** 01:25.18 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:43.24		01:28.98	
		00:43.24		*00:45.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/14 Lane : 8 Athlete: MARTENS ESTEE — **Q-time: 01:28:56**

PB (25m pool): 01:28.56 Temse 21/12/2025 **PB (50m pool):** 01:29.23 **SB:** 01:28.56 Temse 21/12/2025

	25 M	50 M	75 M	100 M	
PB		00:41.16		01:28.56	
		00:41.16		*00:47.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:6, starttime: 14:19

Heat: 6/14 Lane : 7 Athlete: VAN PETEGHEM ALINE — **Q-time: 01:25:23**

PB (25m pool): 01:25.23 Sint-Amandsberg 19/10/2025 **PB (50m pool):** no time **SB:** 01:25.23 Sint-Amandsberg 19/10/2025

	25 M	50 M	75 M	100 M	
PB		00:40.79		01:25.23	
		00:40.79		*00:44.44*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/14 Lane : 3 Athlete: MAES LENA — **Q-time: 01:18:12**

PB (25m pool): 01:18.12 Liedekerke 11/11/2025 **PB (50m pool):** 01:19.59 **SB:** 01:18.12 Liedekerke 11/11/2025

	25 M	50 M	75 M	100 M	
PB		00:37.22		01:18.12	
		00:37.22		*00:40.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 9/14 Lane : 5 Athlete: VANDERSCHAEGHE ELLA — **Q-time: 01:15:42**

PB (25m pool): 01:15.42 Lokeren 05/04/2025 — **PB (50m pool):** 01:32.45 **SB:** 01:17.03 Sint-Amandsberg 19/10/2025

	25 M	50 M	75 M	100 M	
PB		00:36.38		01:15.42	
		00:36.38		*00:39.04*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:12, starttime: 14:30

Heat: 12/14 Lane : 5 Athlete: DE WINTER LORE — **Q-time: 01:10:18**

PB (25m pool): 01:10.18 Sint-Niklaas 11/01/2026 — **PB (50m pool):** 01:13.00 **SB:** 01:10.18 Sint-Niklaas 11/01/2026

	25 M	50 M	75 M	100 M	
PB		00:33.66		01:10.18	
		00:33.66		*00:36.52*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:12, starttime: 14:30

Heat: 12/14 Lane : 6 Athlete: DE MEY AURORA — **Q-time: 01:11:07**

PB (25m pool): 01:11.07 Sint-Niklaas 11/01/2026 — **PB (50m pool):** 01:14.32 **SB:** 01:11.07 Sint-Niklaas 11/01/2026

	25 M	50 M	75 M	100 M	
PB		00:34.60		01:11.07	
		00:34.60		*00:36.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:12, starttime: 14:30

Heat: 12/14 Lane : 8 Athlete: DE MAEIJER ELENA — **Q-time: 01:11:97**

PB (25m pool): 01:11.97 Sint-Niklaas 11/01/2026 — **PB (50m pool):** 01:13.38 **SB:** 01:11.97 Sint-Niklaas 11/01/2026

	25 M	50 M	75 M	100 M	
PB		00:34.48		01:11.97	
		00:34.48		*00:37.49*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 14/14 Lane : 2 Athlete: COLPAERT JULIE — **Q-time: 01:06:99**

PB (25m pool): 01:06.99 Temse 21/12/2025 — **PB (50m pool):** 01:08.58 **SB:** 01:06.99 Temse 21/12/2025

	25 M	50 M	75 M	100 M	
PB		00:32.33		01:06.99	
		00:32.33		*00:34.66*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:5, starttime: 14:44

Heat: 5/11 Lane : 8 Athlete: VANDERSCHAEGHE DAAN — **Q-time: 01:21:00**

PB (25m pool): 01:21.00 Temse 17/11/2025 — **PB (50m pool):** 01:21.44 **SB:** 01:21.00 Temse 17/11/2025

	25 M	50 M	75 M	100 M	
PB		00:40.32		01:21.00	
		00:40.32		*00:40.68*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/11 Lane : 7 Athlete: HEYNZE LASSE — **Q-time: 01:16:25**

PB (25m pool): 01:16.25 Sint-Niklaas 11/01/2026 — **PB (50m pool):** 01:18.12 **SB:** 01:16.25 Sint-Niklaas 11/01/2026

	25 M	50 M	75 M	100 M	
PB		00:35.99		01:16.25	
		00:35.99		*00:40.26*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/11 Lane : 8 Athlete: TAELMAN YANN — **Q-time: 01:02:57**

PB (25m pool): 01:02.57 Sint-Niklaas 11/01/2026 — **PB (50m pool):** 01:04.56 **SB:** 01:02.57 Sint-Niklaas 11/01/2026

	25 M	50 M	75 M	100 M	
PB		00:30.19		01:02.57	
		00:30.19		*00:32.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/4 Lane : 7 Athlete: TAELMAN YADE — **Q-time: 06:10:24**

PB (25m pool): 06:10.24 T ROSCO 20/10/2024 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:43.57		01:33.50		02:20.05		03:04.73
		00:43.57		*00:49.93*		*00:46.55*		*00:44.68*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:56.02		04:47.86		05:30.44		06:10.24
		00:51.29		*00:51.84*		*00:42.58*		*00:39.80*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+ — Heat:1, starttime: 15:58

Heat: 1/8 Lane : 6 Athlete: DE KEIJSER FIEBE — **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:2, starttime: 16:03

Heat: 2/8 Lane : 4 Athlete: VAN PETEGHEM LAYLA — **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: SWEM

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

Heat: 2/8 Lane : 7 Athlete: MARTENS ESTEE — **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:6, starttime: 16:24

Heat: 6/8 Lane : 1 Athlete: VAN GOETHEM LOTTE — **Q-time: 03:43:40**

PB (25m pool): 03:43.40 Zottegem 09/03/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:51.16		01:49.54		no time		03:43.40
		00:51.16		*00:58.38*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 7/8 Lane : 6 Athlete: VANDERSCHAEGHE ELLA — **Q-time: 03:24:09**

PB (25m pool): 03:24.09 Lokeren 28/09/2025 **PB (50m pool):** 03:31.85 **SB:** 03:24.09 Lokeren 28/09/2025

	25M	50M	75M	100	125	150	175	200M
PB		00:45.16		01:39.29		02:34.11		03:24.09
		00:45.16		*00:54.13*		*00:54.82*		*00:49.98*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 7/8 Lane : 8 Athlete: DE MAEIJER ELENA — **Q-time: 03:30:86**

PB (25m pool): 03:30.86 Temse 21/12/2025 **PB (50m pool):** no time **SB:** 03:30.86 Temse 21/12/2025

	25M	50M	75M	100	125	150	175	200M
PB		00:46.67		01:42.32		02:38.87		03:30.86
		00:46.67		*00:55.65*		*00:56.55*		*00:51.99*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 8/8 Lane : 6 Athlete: DE WINTER LORE — **Q-time: 03:14:23**

PB (25m pool): 03:14.23 Temse 21/12/2025 **PB (50m pool):** 03:20.78 **SB:** 03:14.23 Temse 21/12/2025

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:42.75		01:32.33		02:23.87		03:14.23
		00:42.75		*00:49.58*		*00:51.54*		*00:50.36*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/7 Lane : 1 Athlete: HEYNZE LASSE — **Q-time: 99:99:99**

PB (25m pool): 03:52.27 Temse 18/02/2024 **PB (50m pool):** 04:13.43 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		03:52.27
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/7 Lane : 1 Athlete: VANDERSCHAEGHE DAAN — **Q-time: 03:53:34**

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

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:54.99		01:55.22		no time		03:53.34
		00:54.99		*01:00.23*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/7 Lane : 7 Athlete: HEYNZE OTIS — **Q-time: 03:53:29**

PB (25m pool): 03:53.29 Temse 21/12/2025 **PB (50m pool):** no time **SB:** 03:53.29 Temse 21/12/2025

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:52.60		01:54.50		02:57.91		03:53.29
		00:52.60		*01:01.90*		*01:03.41*		*00:55.38*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 8: 200M BREASTSTROKE MEN 11+ — Heat:7, starttime: 17:03

Heat: 7/7 Lane : 1 Athlete: TAELMAN YANN — **Q-time: 03:05:67**

PB (25m pool): 03:05.67 Lokeren 05/04/2025 **PB (50m pool):** 03:34.86 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:42.39		01:30.51		02:19.00		03:05.67
	00:42.39		*00:48.12*		*00:48.49*		*00:46.67*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/12 Lane : 3 Athlete: COLPAERT LEONIE — **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 : 5 Athlete: WINDHEY FIEN — **Q-time: 99:99:99**

PB (25m pool): 00:57.98 Ronse 17/03/2024 **PB (50m pool):** 00:46.73 **SB:** no time

	25M	50M
PB		00:57.98
	00:57.98	
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:5, starttime: 17:14

Heat: 5/12 Lane : 5 Athlete: MAES LENA — **Q-time: 00:45:03**

PB (25m pool): 00:45.03 Dendermonde. 22/11/2025 **PB (50m pool):** 00:43.59 **SB:** 00:45.03 Dendermonde. 22/11/2025

	25M	50M
PB		00:45.03
	00:45.03	
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 6/12 Lane : 1 Athlete: VAN PETEGHEM ALINE — **Q-time: 00:44:37**

PB (25m pool): 00:48.53 Zottegem 09/03/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	
PB		00:48.53	
		00:48.53	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/12 Lane : 6 Athlete: COLPAERT JULIE — **Q-time: 00:36:36**

PB (25m pool): 00:36.72 Zottegem 09/03/2025 **PB (50m pool):** 00:33.99 **SB:** no time

	25M	50M	
PB		00:36.72	
		00:36.72	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+ — Heat:1, starttime: 17:24

Heat: 1/9 Lane : 2 Athlete: DE BACKER TIBO — **Q-time: 99:99:99**

PB (25m pool): 00:32.84 Sinbad 26/05/2019 **PB (50m pool):** no time **SB:** no time

	25M	50M	
PB		00:32.84	
		00:32.84	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 4x100M MEDLEY WOMEN 11+ — Heat:1, starttime: 17:37

Heat: 1/2 Lane : 2 Athlete: TEAM SWEM 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								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

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

Event number: 11: 4x100M MEDLEY WOMEN 11+							Heat:1, starttime: 17:37
Heat: 1/2 Lane : 4 Athlete: TEAM SWEM 14-16							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: