

Fin dag RCOVL: Session: 1: COACH Evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 13:00 until 13:50. Teamleadmeeting @ 13:50 The listed starttimes are indicative!

Coaches: De Smedt Leny HEADCOACH

Coaches: Bijloos Annie

PB => Personal Best time

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

Event number: 3: 200M MEDLEY MEN 11+ Heat:3, starttime: 14:05

Heat: 3/4 Lane : 5 Athlete: VAN DE WINKEL MILAN Q-time: 00:02:00

PB (25m pool): 02:34.90 Sinbad 05/10/2025 PB (50m pool): 02:39.48 SB: 02:34.90 Sinbad 05/10/2025

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.77		no time		no time		02:34.90
	00:34.77							

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+ Heat:3, starttime: 14:05

Heat: 3/4 Lane : 6 Athlete: DE COCK MATZ Q-time: 00:05:00

PB (25m pool): 02:40.32 Sinbad 29/12/2024 PB (50m pool): 02:35.47 SB: 02:40.74 Sinbad 05/10/2025

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.00		no time		no time		02:40.32
	00:36.00							

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 11+ Heat:1, starttime: 14:20

Heat: 1/2 Lane : 3 Athlete: HEYLEN ROOS Q-time: 00:03:00

PB (25m pool): 01:34.48 Sint-Niklaas 28/12/2025 PB (50m pool): no time SB: 01:34.48 Sint-Niklaas 28/12/2025

	25 M	50 M	75 M	100 M
PB		00:43.32		01:34.48
	00:43.32		00:51.16	

Coach feedback:

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Event number: 7: 100M BUTTERFLY MEN 11+				Heat:1, starttime: 14:25	
Heat: 1/2 Lane : 6 Athlete: SCHEPERS RUBEN				Q-time: 00:04:00	
PB (25m pool): 01:21.65 Sint-Niklaas 28/12/2025			PB (50m pool): 01:20.95 SB: 01:21.65 Sint-Niklaas 28/12/2025		
	25 M	50 M	75 M	100 M	
PB		00:37.77		01:21.65	
	00:37.77		00:43.88		
	

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 11+				Heat:2, starttime: 14:25	
Heat: 2/2 Lane : 5 Athlete: VAN DE WINKEL MILAN				Q-time: 00:02:00	
PB (25m pool): 01:14.32 Sinbad 05/10/2025			PB (50m pool): 01:15.77 SB: 01:14.32 Sinbad 05/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:33.96		01:14.32	
	00:33.96		00:40.36		
	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+				Heat:2, starttime: 14:40	
Heat: 2/5 Lane : 8 Athlete: BELMANS MARGAUX				Q-time: 00:08:00	
PB (25m pool): 01:43.54 TEMSE 18/05/2025			PB (50m pool): 01:32.13 SB: no time		
	25 M	50 M	75 M	100 M	
PB		00:51.92		01:43.54	
	00:51.92		00:51.62		
	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+				Heat:3, starttime: 14:40	
Heat: 3/5 Lane : 2 Athlete: DEBAETS ELIEN				Q-time: 00:05:00	
PB (25m pool): 01:26.87 Temse 21/12/2025			PB (50m pool): 01:28.00 SB: 01:26.87 Temse 21/12/2025		
	25 M	50 M	75 M	100 M	
PB		00:41.82		01:26.87	
	00:41.82		00:45.05		
	

Coach feedback:

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Event number: 9: 100M BACKSTROKE WOMEN 11+				Heat:4, starttime: 14:40	
Heat: 4/5 Lane : 7 Athlete: HEYLEN ROOS				Q-time: 00:06:00	
PB (25m pool): 01:27.59 Temse 21/12/2025			PB (50m pool): 01:27.78 SB: 01:27.59 Temse 21/12/2025		
	25 M	50 M	75 M	100 M	
PB		00:43.33		01:27.59	
	00:43.33		00:44.26		
	

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:3, starttime: 14:50	
Heat: 3/5 Lane : 3 Athlete: BOEL ELIAS				Q-time: 00:03:00	
PB (25m pool): 01:22.85 Temse 17/11/2025			PB (50m pool): 01:23.72 SB: 01:22.85 Temse 17/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:40.70		01:22.85	
	00:40.70		00:42.15		
	

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:4, starttime: 14:50	
Heat: 4/5 Lane : 5 Athlete: SCHEPERS RUBEN				Q-time: 00:02:00	
PB (25m pool): 01:19.59 Eeklo 19/04/2026			PB (50m pool): 01:20.59 SB: 01:19.59 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		no time		01:19.59	
	no time				
	

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:5, starttime: 14:50	
Heat: 5/5 Lane : 6 Athlete: VAN DE WINKEL MILAN				Q-time: 00:04:00	
PB (25m pool): 01:08.54 T ROSCO 12/10/2025			PB (50m pool): 01:12.04 SB: 01:08.54 T ROSCO 12/10/2025		
	25 M	50 M	75 M	100 M	
PB		no time		01:08.54	
	no time				
	

Coach feedback:

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Event number: 13: 100M BREASTSTROKE WOMEN 11+				Heat:1, starttime: 15:05	
Heat: 1/4 Lane : 4 Athlete: BELMANS MARGAUX				Q-time: 00:01:00	
PB (25m pool): 01:36.50 Dendermonde. 22/11/2025			PB (50m pool): 01:39.53 SB: 01:36.50 Dendermonde. 22/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:44.46		01:36.50	
	00:44.46		00:52.04		
	

Coach feedback:

Event number: 14: 100M BREASTSTROKE WOMEN 13+				Heat:1, starttime: 15:05	
Heat: 1/3 Lane : 7 Athlete: VAN DE WINKEL LOLA				Q-time: 00:06:00	
PB (25m pool): 01:23.64 Lokeren 28/09/2025			PB (50m pool): 01:22.62 SB: 01:23.64 Lokeren 28/09/2025		
	25 M	50 M	75 M	100 M	
PB		00:40.18		01:23.64	
	00:40.18		00:43.46		
	

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 13+				Heat:2, starttime: 15:15	
Heat: 2/2 Lane : 3 Athlete: VERHULST MEINDERT				Q-time: 00:03:00	
PB (25m pool): 01:11.79 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:11.67 SB: 01:11.79 Sint-Amandsberg 19/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:34.14		01:11.79	
	00:34.14		00:37.65		
	

Coach feedback:

Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:1, starttime: 15:25	
Heat: 1/5 Lane : 6 Athlete: HUYLEBROECK JANNE				Q-time: 00:04:00	
PB (25m pool): 01:23.93 Eeklo 19/04/2026			PB (50m pool): 01:27.07 SB: 01:23.93 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:40.00		01:23.93	
	00:40.00		00:43.93		
	

Coach feedback:

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Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:2, starttime: 15:25	
Heat: 2/5 Lane : 2 Athlete: BELMANS MARGAUX				Q-time: 00:05:00	
PB (25m pool): 01:17.72 Eeklo 19/04/2026			PB (50m pool): 01:17.94 SB: 01:17.72 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:37.73		01:17.72	
		00:37.73		00:39.99	
	

Coach feedback:

Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:3, starttime: 15:25	
Heat: 3/5 Lane : 2 Athlete: DEBAETS ELIEN				Q-time: 00:05:00	
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: 17: 100M FREESTYLE WOMEN 11+				Heat:4, starttime: 15:25	
Heat: 4/5 Lane : 6 Athlete: HEYLEN ROOS				Q-time: 00:04:00	
PB (25m pool): 01:13.61 Eeklo 19/04/2026			PB (50m pool): 01:13.21 SB: 01:13.61 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:36.18		01:13.61	
		00:36.18		00:37.43	
	

Coach feedback:

Event number: 19: 100M FREESTYLE MEN 11+				Heat:3, starttime: 15:35	
Heat: 3/5 Lane : 2 Athlete: BOEL ELIAS				Q-time: 00:05:00	
PB (25m pool): 01:10.76 Eeklo 19/04/2026			PB (50m pool): 01:11.42 SB: 01:10.76 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:34.00		01:10.76	
		00:34.00		00:36.76	
	

Coach feedback:

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Event number: 19: 100M FREESTYLE MEN 11+				Heat:5, starttime: 15:35	
Heat: 5/5 Lane : 7 Athlete: VAN DE WINKEL MILAN				Q-time: 00:06:00	
PB (25m pool): 01:00.54 Eeklo 19/04/2026			PB (50m pool): 01:02.49 SB: 01:00.54 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:29.22		01:00.54	
		00:29.22		00:31.32	
	

Coach feedback:

Event number: 25: 4x50M FREESTYLE WOMEN						Heat:1, starttime: 16:05		
Heat: 1/1 Lane : 5 Athlete: TEAM AZL 1						Q-time: 02:26:46		
PB (25m pool):			PB (50m pool):		SB:			
	25 M	50 M	75 M	100	125	150	175	200 M
PB								

Coach feedback:

Event number: 26: 4x50M FREESTYLE MEN						Heat:1, starttime: 16:05		
Heat: 1/1 Lane : 5 Athlete: TEAM AZL 2						Q-time: 02:00:41		
PB (25m pool):			PB (50m pool):		SB:			
	25 M	50 M	75 M	100	125	150	175	200 M
PB								

Coach feedback: