

Fin dag RCOVL: Session: 1: COACH evaluation sheet for TEAM: FIRST

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

Coaches: Debrouwere Ise HEADCOACH

PB => Personal Best time

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

Event number: 1: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 14:00		
Heat: 1/4 Lane : 4 Athlete: SUY NORA							Q-time: 00:01:00		
PB (25m pool): 03:00.36 Eeklo 06/04/2026			PB (50m pool): 03:09.27 SB: 03:00.36 Eeklo 06/04/2026						
	25 M	50 M	75 M	100	125	150	175	200 M	
PB		00:38.93		no time		no time		03:00.36	
		00:38.93							
	

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 14:00		
Heat: 3/4 Lane : 5 Athlete: VAN GHELUE RINSKE							Q-time: 00:02:00		
PB (25m pool): 02:48.16 Sinbad 05/10/2025			PB (50m pool): 02:49.95 SB: 02:48.16 Sinbad 05/10/2025						
	25 M	50 M	75 M	100	125	150	175	200 M	
PB		no time		no time		no time		02:48.16	
		no time							
	

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:1, starttime: 14:05		
Heat: 1/4 Lane : 3 Athlete: HELSKENS LEX							Q-time: 00:03:00		
PB (25m pool): 03:24.96 Sinbad 05/10/2025			PB (50m pool): no time SB: 03:24.96 Sinbad 05/10/2025						
	25 M	50 M	75 M	100	125	150	175	200 M	
PB		00:51.36		no time		no time		03:24.96	
		00:51.36							
	

Coach feedback:

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Event number: 3: 200M MEDLEY MEN 11+							Heat:1, starttime: 14:05	
Heat: 1/4 Lane : 5 Athlete: COESSENS KOBE							Q-time: 00:02:00	
PB (25m pool): 03:15.86 Sint-Niklaas 28/12/2025				PB (50m pool): 03:18.70 SB: 03:15.86 Sint-Niklaas 28/12/2025				
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:44.72		no time		no time		03:15.86
	00:44.72							

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:4, starttime: 14:10	
Heat: 4/4 Lane : 4 Athlete: STEVENS JAAN							Q-time: 00:01:00	
PB (25m pool): 02:35.58 Sinbad 05/10/2025				PB (50m pool): 02:33.42 SB: 02:35.58 Sinbad 05/10/2025				
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.03		no time		no time		02:35.58
	00:34.03							

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 14:25			
Heat: 2/2 Lane : 6 Athlete: DEGRANDE LARS					Q-time: 00:04:00			
PB (25m pool): 01:09.10 Eeklo 06/04/2026			PB (50m pool): 01:12.50 SB: 01:09.10 Eeklo 06/04/2026					
	25 M	50 M	75 M	100 M				
PB		00:31.58		01:09.10				
	00:31.58		00:37.52					
				

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 14:40			
Heat: 2/5 Lane : 5 Athlete: SUY NORA					Q-time: 00:02:00			
PB (25m pool): 01:26.02 Sint-Niklaas 11/01/2026			PB (50m pool): 01:25.91 SB: 01:26.02 Sint-Niklaas 11/01/2026					
	25 M	50 M	75 M	100 M				
PB		00:41.84		01:26.02				
	00:41.84		00:44.18					
				

Coach feedback:

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Event number: 9: 100M BACKSTROKE WOMEN 11+				Heat:3, starttime: 14:40	
Heat: 3/5 Lane : 3 Athlete: NGABO ANNABELLE				Q-time: 00:03:00	
PB (25m pool): 01:29.50 Gent 23/02/2025			PB (50m pool): 01:23.99 SB: no time		
	25 M	50 M	75 M	100 M	
PB		00:44.05		01:29.50	
	00:44.05		00:45.45		
	

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:1, starttime: 14:45	
Heat: 1/5 Lane : 3 Athlete: DE KEIJSER STAF				Q-time: 00:03:00	
PB (25m pool): no time			PB (50m pool): 01:32.11 SB: no time		
	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:1, starttime: 14:45	
Heat: 1/5 Lane : 5 Athlete: DE KEIJSER RAF				Q-time: 00:02:00	
PB (25m pool): no time			PB (50m pool): 01:34.12 SB: no time		
	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:2, starttime: 14:45	
Heat: 2/5 Lane : 1 Athlete: VEYS ARTHUR				Q-time: 00:07:00	
PB (25m pool): 01:45.20 Gent 23/02/2025			PB (50m pool): 01:32.57 SB: no time		
	25 M	50 M	75 M	100 M	
PB		00:52.16		01:45.20	
	00:52.16		00:53.04		
	

Coach feedback:

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Event number: 11: 100M BACKSTROKE MEN 11+				Heat:2, starttime: 14:45	
Heat: 2/5 Lane : 2 Athlete: VERMEIR CAS				Q-time: 00:05:00	
PB (25m pool): no time			PB (50m pool): 01:31.37 SB: no time		
	25 M	50 M	75 M	100 M	
PB		no time		no time	
	<i>no time</i>				
	

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:2, starttime: 14:45	
Heat: 2/5 Lane : 5 Athlete: HELSKENS LEX				Q-time: 00:02:00	
PB (25m pool): 01:23.62 Temse 21/12/2025			PB (50m pool): 01:27.87 SB: 01:23.62 Temse 21/12/2025		
	25 M	50 M	75 M	100 M	
PB		00:40.54		01:23.62	
	<i>00:40.54</i>		<i>00:43.08</i>		
	

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:2, starttime: 14:45	
Heat: 2/5 Lane : 6 Athlete: COESSENS KOBE				Q-time: 00:04:00	
PB (25m pool): 01:29.36 Temse 17/11/2025			PB (50m pool): 01:29.03 SB: 01:29.36 Temse 17/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:44.23		01:29.36	
	<i>00:44.23</i>		<i>00:45.13</i>		
	

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:3, starttime: 14:50	
Heat: 3/5 Lane : 6 Athlete: TIMMERMANS THEO				Q-time: 00:04:00	
PB (25m pool): no time			PB (50m pool): 01:22.30 SB: no time		
	25 M	50 M	75 M	100 M	
PB		no time		no time	
	<i>no time</i>				
	

Coach feedback:

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Event number: 11: 100M BACKSTROKE MEN 11+				Heat:4, starttime: 14:50	
Heat: 4/5 Lane : 3 Athlete: MILLET LUCAS				Q-time: 00:03:00	
PB (25m pool): 01:23.00 Zwembad De Treffer 06/04/2026			PB (50m pool): 01:23.51 SB: 01:23.00 Zwembad De Treffer 06/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:41.05		01:23.00	
	00:41.05		00:41.95		
	

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:5, starttime: 14:50	
Heat: 5/5 Lane : 3 Athlete: STEVENS JAAN				Q-time: 00:03:00	
PB (25m pool): 01:09.91 Zwembad De Treffer 06/04/2026			PB (50m pool): 01:09.73 SB: 01:09.91 Zwembad De Treffer 06/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:34.49		01:09.91	
	00:34.49		00:35.42		
	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11+				Heat:1, starttime: 15:05	
Heat: 1/4 Lane : 2 Athlete: SUY NORA				Q-time: 00:05:00	
PB (25m pool): 01:42.06 Dendermonde. 22/11/2025			PB (50m pool): 01:36.33 SB: 01:42.06 Dendermonde. 22/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:48.68		01:42.06	
	00:48.68		00:53.38		
	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11+				Heat:2, starttime: 15:05	
Heat: 2/4 Lane : 5 Athlete: NGABO ANNABELLE				Q-time: 00:02:00	
PB (25m pool): 01:36.69 Sint-Niklaas 28/12/2025			PB (50m pool): 01:29.67 SB: 01:36.69 Sint-Niklaas 28/12/2025		
	25 M	50 M	75 M	100 M	
PB		00:46.19		01:36.69	
	00:46.19		00:50.50		
	

Coach feedback:

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Event number: 13: 100M BREASTSTROKE WOMEN 11+				Heat:2, starttime: 15:05	
Heat: 2/4 Lane : 6 Athlete: DEPESTELE GITTE				Q-time: 00:04:00	
PB (25m pool): 01:40.68 Dendermonde. 22/11/2025			PB (50m pool): 01:39.99 SB: 01:40.68 Dendermonde. 22/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:46.95		01:40.68	
	00:46.95		00:53.73		
	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11+				Heat:3, starttime: 15:05	
Heat: 3/4 Lane : 4 Athlete: VELGHE LAUREN				Q-time: 00:01:00	
PB (25m pool): 01:31.73 Dendermonde. 22/11/2025			PB (50m pool): 01:34.65 SB: 01:31.73 Dendermonde. 22/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:43.63		01:31.73	
	00:43.63		00:48.10		
	

Coach feedback:

Event number: 14: 100M BREASTSTROKE WOMEN 13+				Heat:2, starttime: 15:05	
Heat: 2/3 Lane : 2 Athlete: VAN GHELUE RINSKE				Q-time: 00:05:00	
PB (25m pool): 01:22.63 Zwembad De Treffer 06/04/2026			PB (50m pool): 01:25.89 SB: 01:22.63 Zwembad De Treffer 06/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:38.50		01:22.63	
	00:38.50		00:44.13		
	

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:1, starttime: 15:10	
Heat: 1/4 Lane : 4 Athlete: VEYS ARTHUR				Q-time: 00:01:00	
PB (25m pool): 01:42.16 Dendermonde. 22/11/2025			PB (50m pool): 01:39.34 SB: 01:42.16 Dendermonde. 22/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:48.25		01:42.16	
	00:48.25		00:53.91		
	

Coach feedback:

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Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:1, starttime: 15:10	
Heat: 1/4 Lane : 6 Athlete: COESSENS KOBE				Q-time: 00:04:00	
PB (25m pool): 01:46.13 TEMSE 18/05/2025			PB (50m pool): 01:49.83 SB: 01:50.76 Sint-Niklaas 11/01/2026		
	25 M	50 M	75 M	100 M	
PB		00:50.62		01:46.13	
	00:50.62		00:55.51		
	

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:1, starttime: 15:10	
Heat: 1/4 Lane : 7 Athlete: VERMEIR CAS				Q-time: 00:06:00	
PB (25m pool): 01:58.60 Dendermonde. 22/11/2025			PB (50m pool): 01:54.14 SB: 01:58.60 Dendermonde. 22/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:55.55		01:58.60	
	00:55.55		01:03.05		
	

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:2, starttime: 15:10	
Heat: 2/4 Lane : 2 Athlete: TIMMERMANS THEO				Q-time: 00:05:00	
PB (25m pool): 01:46.42 Dendermonde. 22/11/2025			PB (50m pool): 01:46.28 SB: 01:46.42 Dendermonde. 22/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:50.41		01:46.42	
	00:50.41		00:56.01		
	

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:3, starttime: 15:10	
Heat: 3/4 Lane : 3 Athlete: MILLET LUCAS				Q-time: 00:03:00	
PB (25m pool): 01:32.84 Zwembad De Treffer 06/04/2026			PB (50m pool): 01:32.51 SB: 01:32.84 Zwembad De Treffer 06/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:44.33		01:32.84	
	00:44.33		00:48.51		
	

Coach feedback:

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Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:1, starttime: 15:25	
Heat: 1/5 Lane : 5 Athlete: BOON MARGOT				Q-time: 00:02:00	
PB (25m pool): 01:18.95 Eeklo 19/04/2026			PB (50m pool): 01:23.31 SB: 01:18.95 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:37.62		01:18.95	
	00:37.62		00:41.33		
	

Coach feedback:

Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:2, starttime: 15:25	
Heat: 2/5 Lane : 5 Athlete: SUY NORA				Q-time: 00:02:00	
PB (25m pool): 01:14.20 Eeklo 19/04/2026			PB (50m pool): 01:15.34 SB: 01:14.20 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:35.74		01:14.20	
	00:35.74		00:38.46		
	

Coach feedback:

Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:2, starttime: 15:25	
Heat: 2/5 Lane : 7 Athlete: BRUNET MAXIME				Q-time: 00:06:00	
PB (25m pool): 01:18.38 Eeklo 19/04/2026			PB (50m pool): 01:21.83 SB: 01:18.38 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:36.85		01:18.38	
	00:36.85		00:41.53		
	

Coach feedback:

Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:3, starttime: 15:25	
Heat: 3/5 Lane : 5 Athlete: NGABO ANNABELLE				Q-time: 00:02:00	
PB (25m pool): 01:10.45 Eeklo 19/04/2026			PB (50m pool): 01:13.30 SB: 01:10.45 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:33.81		01:10.45	
	00:33.81		00:36.64		
	

Coach feedback:

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Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:3, starttime: 15:25	
Heat: 3/5 Lane : 7 Athlete: DEPESTELE GITTE				Q-time: 00:06:00	
PB (25m pool): 01:15.96 Eeklo 19/04/2026			PB (50m pool): 01:17.93 SB: 01:15.96 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:35.50		01:15.96	
	00:35.50		00:40.46		
	

Coach feedback:

Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:4, starttime: 15:25	
Heat: 4/5 Lane : 3 Athlete: RUTTEN LEONIE				Q-time: 00:03:00	
PB (25m pool): 01:10.54 Eeklo 19/04/2026			PB (50m pool): 01:13.10 SB: 01:10.54 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:33.83		01:10.54	
	00:33.83		00:36.71		
	

Coach feedback:

Event number: 19: 100M FREESTYLE MEN 11+				Heat:1, starttime: 15:30	
Heat: 1/5 Lane : 3 Athlete: DE KEIJSER STAF				Q-time: 00:03:00	
PB (25m pool): 01:22.78 Eeklo 19/04/2026			PB (50m pool): 01:23.54 SB: 01:22.78 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:38.59		01:22.78	
	00:38.59		00:44.19		
	

Coach feedback:

Event number: 19: 100M FREESTYLE MEN 11+				Heat:1, starttime: 15:30	
Heat: 1/5 Lane : 4 Athlete: MATAIGNE MICHEL				Q-time: 00:01:00	
PB (25m pool): 01:16.93 Eeklo 19/04/2026			PB (50m pool): 01:19.74 SB: 01:16.93 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:36.51		01:16.93	
	00:36.51		00:40.42		
	

Coach feedback:

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Event number: 19: 100M FREESTYLE MEN 11+				Heat:1, starttime: 15:30	
Heat: 1/5 Lane : 5 Athlete: DE KEIJSER RAF				Q-time: 00:02:00	
PB (25m pool): 01:21.68 Eeklo 19/04/2026			PB (50m pool): 01:24.83 SB: 01:21.68 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:38.83		01:21.68	
	00:38.83		00:42.85		
	

Coach feedback:

Event number: 19: 100M FREESTYLE MEN 11+				Heat:2, starttime: 15:30	
Heat: 2/5 Lane : 2 Athlete: MILLET NOAH				Q-time: 00:05:00	
PB (25m pool): 01:17.46 Eeklo 19/04/2026			PB (50m pool): 01:20.89 SB: 01:17.46 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:36.35		01:17.46	
	00:36.35		00:41.11		
	

Coach feedback:

Event number: 19: 100M FREESTYLE MEN 11+				Heat:2, starttime: 15:30	
Heat: 2/5 Lane : 3 Athlete: COESSENS KOBE				Q-time: 00:03:00	
PB (25m pool): 01:16.09 Eeklo 19/04/2026			PB (50m pool): 01:18.14 SB: 01:16.09 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:36.65		01:16.09	
	00:36.65		00:39.44		
	

Coach feedback:

Event number: 19: 100M FREESTYLE MEN 11+				Heat:2, starttime: 15:30	
Heat: 2/5 Lane : 4 Athlete: DE VEERMAN ILAN				Q-time: 00:01:00	
PB (25m pool): no time			PB (50m pool): 01:19.88 SB: no time		
	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	

Coach feedback:

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Event number: 19: 100M FREESTYLE MEN 11+				Heat:5, starttime: 15:35	
Heat: 5/5 Lane : 3 Athlete: SLOS ROBBIE				Q-time: 00:03:00	
PB (25m pool): 00:58.91 Nijlen 17/11/2024			PB (50m pool): 01:00.41 SB: 00:59.15 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:28.41		00:58.91	
	00:28.41		00:30.50		
	

Coach feedback:

Event number: 19: 100M FREESTYLE MEN 11+				Heat:5, starttime: 15:35	
Heat: 5/5 Lane : 4 Athlete: DEGRANDE LARS				Q-time: 00:01:00	
PB (25m pool): 00:57.82 Eeklo 19/04/2026			PB (50m pool): 01:00.29 SB: 00:57.82 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:28.10		00:57.82	
	00:28.10		00:29.72		
	

Coach feedback:

Event number: 19: 100M FREESTYLE MEN 11+				Heat:5, starttime: 15:35	
Heat: 5/5 Lane : 5 Athlete: STEVENS JAAN				Q-time: 00:02:00	
PB (25m pool): 00:59.03 Eeklo 19/04/2026			PB (50m pool): 00:59.26 SB: 00:59.03 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:28.38		00:59.03	
	00:28.38		00:30.65		
	

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 13+				Heat:1, starttime: 15:35	
Heat: 1/2 Lane : 5 Athlete: CASTEUR NICOLAS				Q-time: 00:02:00	
PB (25m pool): 01:05.55 TEMSE 23/11/2025			PB (50m pool): 01:03.69 SB: 01:05.55 TEMSE 23/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:31.83		01:05.55	
	00:31.83		00:33.72		
	

Coach feedback:

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Event number: 21: 4x50M FREESTYLE WOMEN 11-13							Heat:1, starttime: 15:50	
Heat: 1/1 Lane : 3 Athlete: TEAM FIRST 1							Q-time: 99:99:99	
PB (25m pool):			PB (50m pool):			SB:		
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB								

Coach feedback:

Event number: 22: 4x50M FREESTYLE MEN 11-13							Heat:1, starttime: 15:55	
Heat: 1/1 Lane : 4 Athlete: TEAM FIRST 1							Q-time: 99:99:99	
PB (25m pool):			PB (50m pool):			SB:		
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB								

Coach feedback: