

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

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

Coaches: Van Goethem Niels

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 : 7 Athlete: SCHEERS JASMIJN							Q-time: 00:06:00	
PB (25m pool): 03:04.28 Sint-Niklaas 28/12/2025			PB (50m pool): 03:05.41 SB: 03:04.28 Sint-Niklaas 28/12/2025					
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.48		no time		no time		03:04.28
		00:37.48						

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 14:00	
Heat: 2/4 Lane : 6 Athlete: LEFEBRE ELENA							Q-time: 00:04:00	
PB (25m pool): 03:05.54 Sinbad 05/10/2025			PB (50m pool): no time SB: 03:05.54 Sinbad 05/10/2025					
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.41		no time		no time		03:05.54
		00:40.41						

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 14:00	
Heat: 3/4 Lane : 1 Athlete: VEREECKEN LARA							Q-time: 00:07:00	
PB (25m pool): 02:53.34 Sinbad 05/10/2025			PB (50m pool): 02:57.38 SB: 02:53.34 Sinbad 05/10/2025					
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.64		no time		no time		02:53.34
		00:37.64						

Coach feedback:

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Event number: 1: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 14:00	
Heat: 3/4 Lane : 7 Athlete: DE WITTE FIEN							Q-time: 00:06:00	
PB (25m pool): 02:46.69 TEMSE 18/05/2025				PB (50m pool): 02:47.58 SB: 02:51.79 Sinbad 05/10/2025				
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.20		01:20.65		02:09.19		02:46.69
	00:36.20		00:44.45		00:48.54		00:37.50	

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:05	
Heat: 2/4 Lane : 6 Athlete: VAN OEVELEN NOAH							Q-time: 00:04:00	
PB (25m pool): 02:53.71 Sinbad 05/10/2025				PB (50m pool): 02:47.74 SB: 02:53.71 Sinbad 05/10/2025				
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:41.31		no time		no time		02:53.71
	00:41.31							

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 14:25			
Heat: 2/2 Lane : 3 Athlete: VERECKEN LARA					Q-time: 00:03:00			
PB (25m pool): 01:19.60 Sinbad 05/10/2025			PB (50m pool): 01:24.78 SB: 01:19.60 Sinbad 05/10/2025					
	25 M	50 M	75 M	100 M				
PB		00:36.60		01:19.60				
	00:36.60		00:43.00					
				

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 14:25			
Heat: 2/2 Lane : 5 Athlete: DE WITTE FIEN					Q-time: 00:02:00			
PB (25m pool): 01:16.14 Durmehal 28/02/2026			PB (50m pool): 01:17.90 SB: 01:16.14 Durmehal 28/02/2026					
	25 M	50 M	75 M	100 M				
PB		00:35.04		01:16.14				
	00:35.04		00:41.10					
				

Coach feedback:

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Event number: 9: 100M BACKSTROKE WOMEN 11+				Heat:5, starttime: 14:45	
Heat: 5/5 Lane : 1 Athlete: DE WITTE FIEN				Q-time: 00:07:00	
PB (25m pool): 01:20.15 Lokeren 05/04/2025			PB (50m pool): 01:21.01 SB: 01:22.27 Lokeren 28/09/2025		
	25 M	50 M	75 M	100 M	
PB		00:39.49		01:20.15	
		00:39.49		00:40.66	
	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+				Heat:5, starttime: 14:45	
Heat: 5/5 Lane : 5 Athlete: THIELMAN PAULIEN				Q-time: 00:02:00	
PB (25m pool): 01:13.23 Lokeren 05/04/2025			PB (50m pool): 01:15.06 SB: 01:14.53 T ROSCO 12/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:34.73		01:13.23	
		00:34.73		00:38.50	
	

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:4, starttime: 14:50	
Heat: 4/5 Lane : 4 Athlete: VAN OEVELEN NOAH				Q-time: 00:01:00	
PB (25m pool): 01:15.38 Aartselaar 01/11/2025			PB (50m pool): 01:17.15 SB: 01:15.38 Aartselaar 01/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:36.57		01:15.38	
		00:36.57		00:38.81	
	

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:5, starttime: 14:50	
Heat: 5/5 Lane : 4 Athlete: DE RYCK SEPPE				Q-time: 00:01:00	
PB (25m pool): 01:06.25 T ROSCO 12/10/2025			PB (50m pool): 01:06.58 SB: 01:06.25 T ROSCO 12/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:32.74		01:06.25	
		00:32.74		00:33.51	
	

Coach feedback:

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Event number: 13: 100M BREASTSTROKE WOMEN 11+				Heat:1, starttime: 15:05	
Heat: 1/4 Lane : 1 Athlete: SCHEERS JASMIJN				Q-time: 00:07:00	
PB (25m pool): 01:41.02 Durmehal 28/02/2026			PB (50m pool): 01:40.07 SB: 01:41.02 Durmehal 28/02/2026		
	25 M	50 M	75 M	100 M	
PB		00:47.72		01:41.02	
	00:47.72		00:53.30		
	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11+				Heat:4, starttime: 15:05	
Heat: 4/4 Lane : 3 Athlete: THIELMAN PAULIEN				Q-time: 00:03:00	
PB (25m pool): 01:31.90 Dendermonde. 22/11/2025			PB (50m pool): 01:36.28 SB: 01:31.90 Dendermonde. 22/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:44.35		01:31.90	
	00:44.35		00:47.55		
	

Coach feedback:

Event number: 19: 100M FREESTYLE MEN 11+				Heat:4, starttime: 15:35	
Heat: 4/5 Lane : 4 Athlete: VAN OEVELEN NOAH				Q-time: 00:01:00	
PB (25m pool): 01:03.15 Durmehal 28/02/2026			PB (50m pool): 01:04.83 SB: 01:03.15 Durmehal 28/02/2026		
	25 M	50 M	75 M	100 M	
PB		00:30.95		01:03.15	
	00:30.95		00:32.20		
	

Coach feedback: