

# Fin dag RCOVL: Session: 1: COACH evaluation sheet for TEAM: STW

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

Coaches: Vandermeulen Eric 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 : 3 Athlete: VAN DE VYVERE LENA Q-time: 00:03:00

PB (25m pool): 03:07.48 Sint-Niklaas 28/12/2025 PB (50m pool): 03:07.66 SB: 03:07.48 Sint-Niklaas 28/12/2025

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:42.18		no time		no time		03:07.48
	00:42.18							
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Coach feedback:

**Event number: 1: 200M MEDLEY WOMEN 11+** Heat:1, starttime: 14:00

Heat: 1/4 Lane : 8 Athlete: JANSSENS STERRE Q-time: 00:08:00

PB (25m pool): 03:12.90 Zwembad De Treffer 06/04/2026 PB (50m pool): 03:16.74 SB: 03:12.90 Zwembad De Treffer 06/04/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:43.19		no time		no time		03:12.90
	00:43.19							
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Coach feedback:

**Event number: 1: 200M MEDLEY WOMEN 11+** Heat:2, starttime: 14:00

Heat: 2/4 Lane : 4 Athlete: VERHULST NOOR Q-time: 00:01:00

PB (25m pool): 02:42.61 Zwembad De Treffer 06/04/2026 PB (50m pool): 02:47.74 SB: 02:42.61 Zwembad De Treffer 06/04/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.46		no time		no time		02:42.61
	00:36.46							
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Coach feedback:

# Fin dag RCOVL: Session: 1: COACH evaluation sheet for TEAM: STW

<b>Event number: 1: 200M MEDLEY WOMEN 11+</b>							<b>Heat:3, starttime: 14:00</b>	
<b>Heat: 3/4 Lane : 4 Athlete: HEBB MINNE</b>							<b>Q-time: 00:01:00</b>	
PB (25m pool): 02:42.63 Sint-Niklaas 28/12/2025				PB (50m pool): 02:50.05 SB: 02:42.63 Sint-Niklaas 28/12/2025				
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100</b>	<b>125</b>	<b>150</b>	<b>175</b>	<b>200 M</b>
PB		00:34.46		no time		no time		02:42.63
		00:34.46						
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Coach feedback:

<b>Event number: 1: 200M MEDLEY WOMEN 11+</b>							<b>Heat:4, starttime: 14:00</b>	
<b>Heat: 4/4 Lane : 4 Athlete: VERHULST JENTE</b>							<b>Q-time: 00:01:00</b>	
PB (25m pool): 02:42.89 TEMSE 18/05/2025				PB (50m pool): no time SB: 02:45.79 Sint-Niklaas 28/12/2025				
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100</b>	<b>125</b>	<b>150</b>	<b>175</b>	<b>200 M</b>
PB		00:35.98		01:18.62		02:06.11		02:42.89
		00:35.98		00:42.64		00:47.49		00:36.78
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Coach feedback:

<b>Event number: 2: 200M MEDLEY WOMEN 13+</b>							<b>Heat:1, starttime: 14:05</b>	
<b>Heat: 1/3 Lane : 1 Athlete: DE SMET AMÉLIE</b>							<b>Q-time: 00:07:00</b>	
PB (25m pool): 02:40.96 Sint-Niklaas 28/12/2025				PB (50m pool): 02:42.45 SB: 02:40.96 Sint-Niklaas 28/12/2025				
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100</b>	<b>125</b>	<b>150</b>	<b>175</b>	<b>200 M</b>
PB		00:40.54		no time		no time		02:40.96
		00:40.54						
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Coach feedback:

<b>Event number: 2: 200M MEDLEY WOMEN 13+</b>							<b>Heat:3, starttime: 14:05</b>	
<b>Heat: 3/3 Lane : 5 Athlete: DELPORTE LOTTE</b>							<b>Q-time: 00:02:00</b>	
PB (25m pool): 02:33.02 T ROSCO 12/10/2025				PB (50m pool): 02:37.49 SB: 02:33.02 T ROSCO 12/10/2025				
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100</b>	<b>125</b>	<b>150</b>	<b>175</b>	<b>200 M</b>
PB		00:33.38		01:12.35		01:58.61		02:33.02
		00:33.38		00:38.97		00:46.26		00:34.41
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Coach feedback:

# Fin dag RCOVL: Session: 1: COACH evaluation sheet for TEAM: STW

<b>Event number: 3: 200M MEDLEY MEN 11+</b>							<b>Heat:2, starttime: 14:05</b>	
<b>Heat: 2/4 Lane : 1 Athlete: MARTENS YWEIN</b>							<b>Q-time: 00:07:00</b>	
PB (25m pool): 02:47.30 Zwembad De Treffer 06/04/2026				PB (50m pool): 02:50.98 SB: 02:47.30 Zwembad De Treffer 06/04/2026				
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100</b>	<b>125</b>	<b>150</b>	<b>175</b>	<b>200 M</b>
PB		00:36.52		no time		no time		02:47.30
		00:36.52						
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Coach feedback:

<b>Event number: 5: 100M BUTTERFLY WOMEN 11+</b>					<b>Heat:1, starttime: 14:20</b>	
<b>Heat: 1/2 Lane : 5 Athlete: VERHULST NOOR</b>					<b>Q-time: 00:02:00</b>	
PB (25m pool): 01:25.17 TEMSE 18/05/2025			PB (50m pool): 01:20.35 SB: 01:25.48 Sinbad 05/10/2025			
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>		
PB		00:39.10		01:25.17		
		00:39.10		00:46.07		
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Coach feedback:

<b>Event number: 7: 100M BUTTERFLY MEN 11+</b>					<b>Heat:1, starttime: 14:25</b>	
<b>Heat: 1/2 Lane : 3 Athlete: MARTENS YWEIN</b>					<b>Q-time: 00:03:00</b>	
PB (25m pool): 01:21.76 Sint-Niklaas 28/12/2025			PB (50m pool): no time SB: 01:21.76 Sint-Niklaas 28/12/2025			
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>		
PB		00:35.78		01:21.76		
		00:35.78		00:45.98		
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Coach feedback:

<b>Event number: 8: 100M BUTTERFLY MEN 13+</b>					<b>Heat:1, starttime: 14:30</b>	
<b>Heat: 1/2 Lane : 3 Athlete: HOEFMAN HANNES</b>					<b>Q-time: 00:03:00</b>	
PB (25m pool): 01:15.43 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 01:17.32 SB: 01:15.43 Stedelijk Zwembad Geel 15/02/2026			
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>		
PB		00:35.35		01:15.43		
		00:35.35		00:40.08		
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Coach feedback:

# Fin dag RCOVL: Session: 1: COACH evaluation sheet for TEAM: STW

<b>Event number: 9: 100M BACKSTROKE WOMEN 11+</b>				<b>Heat:1, starttime: 14:40</b>	
<b>Heat: 1/5 Lane : 5 Athlete: JANSSENS STERRE</b>				<b>Q-time: 00:02:00</b>	
PB (25m pool): 01:25.97 Sint-Niklaas 11/01/2026			PB (50m pool): 01:23.96 SB: 01:25.97 Sint-Niklaas 11/01/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:42.45		01:25.97	
	00:42.45		00:43.52		
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Coach feedback:

<b>Event number: 9: 100M BACKSTROKE WOMEN 11+</b>				<b>Heat:2, starttime: 14:40</b>	
<b>Heat: 2/5 Lane : 6 Athlete: VAN DE VYVERE LENA</b>				<b>Q-time: 00:04:00</b>	
PB (25m pool): 01:28.35 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 01:26.36 SB: 01:28.35 Stedelijk Zwembad Geel 15/02/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:42.54		01:28.35	
	00:42.54		00:45.81		
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Coach feedback:

<b>Event number: 9: 100M BACKSTROKE WOMEN 11+</b>				<b>Heat:4, starttime: 14:40</b>	
<b>Heat: 4/5 Lane : 4 Athlete: VERHULST NOOR</b>				<b>Q-time: 00:01:00</b>	
PB (25m pool): 01:16.76 Zwembad De Treffer 06/04/2026			PB (50m pool): 01:18.20 SB: 01:16.76 Zwembad De Treffer 06/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:38.44		01:16.76	
	00:38.44		00:38.32		
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Coach feedback:

<b>Event number: 9: 100M BACKSTROKE WOMEN 11+</b>				<b>Heat:5, starttime: 14:45</b>	
<b>Heat: 5/5 Lane : 2 Athlete: VAN DAELE JOSEFIEN</b>				<b>Q-time: 00:05:00</b>	
PB (25m pool): 01:15.80 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 01:17.69 SB: 01:15.80 Stedelijk Zwembad Geel 15/02/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:37.44		01:15.80	
	00:37.44		00:38.36		
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Coach feedback:

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<b>Event number: 9: 100M BACKSTROKE WOMEN 11+</b>				<b>Heat:5, starttime: 14:45</b>	
<b>Heat: 5/5 Lane : 3 Athlete: HEBB MINNE</b>				<b>Q-time: 00:03:00</b>	
PB (25m pool): 01:17.78 Temse 21/12/2025			PB (50m pool): 01:19.02 SB: 01:17.78 Temse 21/12/2025		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:38.36		01:17.78	
	00:38.36		00:39.42		
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Coach feedback:

<b>Event number: 10: 100M BACKSTROKE WOMEN 13+</b>				<b>Heat:1, starttime: 14:45</b>	
<b>Heat: 1/3 Lane : 2 Athlete: LAMMENS ALIX</b>				<b>Q-time: 00:05:00</b>	
PB (25m pool): no time			PB (50m pool): no time SB: no time		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		no time		no time	
	no time				
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 10: 100M BACKSTROKE WOMEN 13+</b>				<b>Heat:1, starttime: 14:45</b>	
<b>Heat: 1/3 Lane : 8 Athlete: DE SMET AMÉLIE</b>				<b>Q-time: 00:08:00</b>	
PB (25m pool): 01:14.04 Temse 21/12/2025			PB (50m pool): 01:16.66 SB: 01:14.04 Temse 21/12/2025		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:35.89		01:14.04	
	00:35.89		00:38.15		
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Coach feedback:

<b>Event number: 10: 100M BACKSTROKE WOMEN 13+</b>				<b>Heat:3, starttime: 14:45</b>	
<b>Heat: 3/3 Lane : 4 Athlete: DELPORTE LOTTE</b>				<b>Q-time: 00:01:00</b>	
PB (25m pool): 01:09.78 Sint-Niklaas 11/01/2026			PB (50m pool): 01:10.94 SB: 01:09.78 Sint-Niklaas 11/01/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:33.41		01:09.78	
	00:33.41		00:36.37		
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Coach feedback:

# Fin dag RCOVL: Session: 1: COACH evaluation sheet for TEAM: STW

<b>Event number: 11: 100M BACKSTROKE MEN 11+</b>				<b>Heat:3, starttime: 14:50</b>	
<b>Heat: 3/5 Lane : 2 Athlete: COGEN ALEX</b>				<b>Q-time: 00:05:00</b>	
PB (25m pool): 01:29.79 Zwembad De Treffer 06/04/2026			PB (50m pool): 01:33.25 SB: 01:29.79 Zwembad De Treffer 06/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:45.29		01:29.79	
		00:45.29		00:44.50	
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Coach feedback:

<b>Event number: 12: 100M BACKSTROKE MEN 13+</b>				<b>Heat:1, starttime: 14:50</b>	
<b>Heat: 1/3 Lane : 5 Athlete: HOEFMAN HANNES</b>				<b>Q-time: 00:02:00</b>	
PB (25m pool): 01:14.23 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 01:15.70 SB: 01:14.23 Stedelijk Zwembad Geel 15/02/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:36.20		01:14.23	
		00:36.20		00:38.03	
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Coach feedback:

<b>Event number: 12: 100M BACKSTROKE MEN 13+</b>				<b>Heat:3, starttime: 14:50</b>	
<b>Heat: 3/3 Lane : 5 Athlete: VAN DE GENDER WOUT</b>				<b>Q-time: 00:02:00</b>	
PB (25m pool): 01:01.41 TEMSE 23/11/2025			PB (50m pool): 01:04.10 SB: 01:01.41 TEMSE 23/11/2025		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:30.26		01:01.41	
		00:30.26		00:31.15	
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Coach feedback:

<b>Event number: 13: 100M BREASTSTROKE WOMEN 11+</b>				<b>Heat:1, starttime: 15:05</b>	
<b>Heat: 1/4 Lane : 5 Athlete: VAN DE VYVERE LENA</b>				<b>Q-time: 00:02:00</b>	
PB (25m pool): 01:35.59 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 01:34.39 SB: 01:35.59 Stedelijk Zwembad Geel 15/02/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:45.30		01:35.59	
		00:45.30		00:50.29	
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Coach feedback:

# Fin dag RCOVL: Session: 1: COACH evaluation sheet for TEAM: STW

<b>Event number: 13: 100M BREASTSTROKE WOMEN 11+</b>				<b>Heat:1, starttime: 15:05</b>	
<b>Heat: 1/4 Lane : 8 Athlete: DE HERT JANNE</b>				<b>Q-time: 00:08:00</b>	
PB (25m pool): 01:48.69 Dendermonde. 22/11/2025			PB (50m pool): 01:47.31 SB: 01:48.69 Dendermonde. 22/11/2025		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:51.44		01:48.69	
	00:51.44		00:57.25		
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Coach feedback:

<b>Event number: 13: 100M BREASTSTROKE WOMEN 11+</b>				<b>Heat:2, starttime: 15:05</b>	
<b>Heat: 2/4 Lane : 1 Athlete: EL MAJOUDI ANISSA</b>				<b>Q-time: 00:07:00</b>	
PB (25m pool): 01:47.30 Dendermonde. 22/11/2025			PB (50m pool): 01:49.88 SB: 01:47.30 Dendermonde. 22/11/2025		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:50.67		01:47.30	
	00:50.67		00:56.63		
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Coach feedback:

<b>Event number: 13: 100M BREASTSTROKE WOMEN 11+</b>				<b>Heat:2, starttime: 15:05</b>	
<b>Heat: 2/4 Lane : 8 Athlete: VAN DER GUCHT LOTTE</b>				<b>Q-time: 00:08:00</b>	
PB (25m pool): 01:48.57 Zwembad De Treffer 06/04/2026			PB (50m pool): no time SB: 01:48.57 Zwembad De Treffer 06/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:51.37		01:48.57	
	00:51.37		00:57.20		
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Coach feedback:

<b>Event number: 13: 100M BREASTSTROKE WOMEN 11+</b>				<b>Heat:3, starttime: 15:05</b>	
<b>Heat: 3/4 Lane : 5 Athlete: VERHULST NOOR</b>				<b>Q-time: 00:02:00</b>	
PB (25m pool): 01:29.31 Zwembad De Treffer 06/04/2026			PB (50m pool): 01:31.71 SB: 01:29.31 Zwembad De Treffer 06/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:42.43		01:29.31	
	00:42.43		00:46.88		
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Coach feedback:

# Fin dag RCOVL: Session: 1: COACH evaluation sheet for TEAM: STW

<b>Event number: 13: 100M BREASTSTROKE WOMEN 11+</b>				<b>Heat:4, starttime: 15:05</b>	
<b>Heat: 4/4 Lane : 4 Athlete: HEBB MINNE</b>				<b>Q-time: 00:01:00</b>	
PB (25m pool): 01:27.92 Sint-Niklaas 11/01/2026			PB (50m pool): 01:33.15 SB: 01:27.92 Sint-Niklaas 11/01/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:41.53		01:27.92	
	00:41.53		00:46.39		
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Coach feedback:

<b>Event number: 13: 100M BREASTSTROKE WOMEN 11+</b>				<b>Heat:4, starttime: 15:05</b>	
<b>Heat: 4/4 Lane : 6 Athlete: VERHULST AMBER</b>				<b>Q-time: 00:04:00</b>	
PB (25m pool): 01:29.30 Sinbad 12/01/2025			PB (50m pool): 01:34.27 SB: 01:30.69 Sint-Niklaas 28/12/2025		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:42.02		01:29.30	
	00:42.02		00:47.28		
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Coach feedback:

<b>Event number: 14: 100M BREASTSTROKE WOMEN 13+</b>				<b>Heat:1, starttime: 15:05</b>	
<b>Heat: 1/3 Lane : 1 Athlete: DE SMET AMÉLIE</b>				<b>Q-time: 00:07:00</b>	
PB (25m pool): 01:25.08 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 01:25.99 SB: 01:25.08 Stedelijk Zwembad Geel 15/02/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:40.39		01:25.08	
	00:40.39		00:44.69		
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Coach feedback:

<b>Event number: 15: 100M BREASTSTROKE MEN 11+</b>				<b>Heat:2, starttime: 15:10</b>	
<b>Heat: 2/4 Lane : 6 Athlete: COGEN ALEX</b>				<b>Q-time: 00:04:00</b>	
PB (25m pool): 01:31.69 Zwembad De Treffer 06/04/2026			PB (50m pool): 01:33.28 SB: 01:31.69 Zwembad De Treffer 06/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:43.86		01:31.69	
	00:43.86		00:47.83		
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Coach feedback:

# Fin dag RCOVL: Session: 1: COACH evaluation sheet for TEAM: STW

<b>Event number: 15: 100M BREASTSTROKE MEN 11+</b>				<b>Heat:3, starttime: 15:10</b>	
<b>Heat: 3/4 Lane : 5 Athlete: MARTENS YWEIN</b>				<b>Q-time: 00:02:00</b>	
PB (25m pool): 01:27.83 Durmehal 28/02/2026			PB (50m pool): 01:46.30 SB: 01:27.83 Durmehal 28/02/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:40.76		01:27.83	
	00:40.76		00:47.07		
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Coach feedback:

<b>Event number: 16: 100M BREASTSTROKE MEN 13+</b>				<b>Heat:2, starttime: 15:15</b>	
<b>Heat: 2/2 Lane : 7 Athlete: BOURDIAUDHY THIBAU</b>				<b>Q-time: 00:06:00</b>	
PB (25m pool): 01:18.27 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 01:16.78 SB: 01:18.27 Stedelijk Zwembad Geel 15/02/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:36.87		01:18.27	
	00:36.87		00:41.40		
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Coach feedback:

<b>Event number: 17: 100M FREESTYLE WOMEN 11+</b>				<b>Heat:1, starttime: 15:25</b>	
<b>Heat: 1/5 Lane : 1 Athlete: MARTENS WINNE</b>				<b>Q-time: 00:07:00</b>	
PB (25m pool): 01:32.10 Eeklo 19/04/2026			PB (50m pool): no time SB: 01:32.10 Eeklo 19/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:45.05		01:32.10	
	00:45.05		00:47.05		
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 17: 100M FREESTYLE WOMEN 11+</b>				<b>Heat:2, starttime: 15:25</b>	
<b>Heat: 2/5 Lane : 3 Athlete: DE HERT JANNE</b>				<b>Q-time: 00:03:00</b>	
PB (25m pool): 01:14.58 Eeklo 19/04/2026			PB (50m pool): no time SB: 01:14.58 Eeklo 19/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:36.22		01:14.58	
	00:36.22		00:38.36		
	.....	.....	.....	.....	

Coach feedback:

# Fin dag RCOVL: Session: 1: COACH evaluation sheet for TEAM: STW

<b>Event number: 17: 100M FREESTYLE WOMEN 11+</b>				<b>Heat:2, starttime: 15:25</b>	
<b>Heat: 2/5 Lane : 8 Athlete: BOURFA SALMA</b>				<b>Q-time: 00:08:00</b>	
PB (25m pool): 01:22.17 Eeklo 19/04/2026			PB (50m pool): no time SB: 01:22.17 Eeklo 19/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:39.06		01:22.17	
	00:39.06		00:43.11		
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 17: 100M FREESTYLE WOMEN 11+</b>				<b>Heat:5, starttime: 15:30</b>	
<b>Heat: 5/5 Lane : 4 Athlete: PUNZO MICHELLE</b>				<b>Q-time: 00:01:00</b>	
PB (25m pool): 01:06.59 Eeklo 19/04/2026			PB (50m pool): 01:09.78 SB: 01:06.59 Eeklo 19/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:32.49		01:06.59	
	00:32.49		00:34.10		
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 17: 100M FREESTYLE WOMEN 11+</b>				<b>Heat:5, starttime: 15:30</b>	
<b>Heat: 5/5 Lane : 5 Athlete: VAN HUL EMMA</b>				<b>Q-time: 00:02:00</b>	
PB (25m pool): 01:07.52 Eeklo 19/04/2026			PB (50m pool): 01:09.39 SB: 01:07.52 Eeklo 19/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:32.95		01:07.52	
	00:32.95		00:34.57		
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 18: 100M FREESTYLE WOMEN 13+</b>				<b>Heat:2, starttime: 15:30</b>	
<b>Heat: 2/3 Lane : 3 Athlete: WULLAERT FIEN</b>				<b>Q-time: 00:03:00</b>	
PB (25m pool): 01:01.81 Temse 17/11/2025			PB (50m pool): 01:03.17 SB: 01:01.81 Temse 17/11/2025		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:30.01		01:01.81	
	00:30.01		00:31.80		
	.....	.....	.....	.....	

Coach feedback:

# Fin dag RCOVL: Session: 1: COACH evaluation sheet for TEAM: STW

<b>Event number: 19: 100M FREESTYLE MEN 11+</b>				<b>Heat:2, starttime: 15:30</b>	
<b>Heat: 2/5 Lane : 1 Athlete: AMGHAR YOUNES</b>				<b>Q-time: 00:07:00</b>	
PB (25m pool): 01:21.27 Eeklo 19/04/2026			PB (50m pool): no time SB: 01:21.27 Eeklo 19/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:37.89		01:21.27	
	00:37.89		00:43.38		
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 19: 100M FREESTYLE MEN 11+</b>				<b>Heat:3, starttime: 15:35</b>	
<b>Heat: 3/5 Lane : 3 Athlete: COGEN ALEX</b>				<b>Q-time: 00:03:00</b>	
PB (25m pool): 01:08.57 Eeklo 19/04/2026			PB (50m pool): no time SB: 01:08.57 Eeklo 19/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:34.10		01:08.57	
	00:34.10		00:34.47		
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 19: 100M FREESTYLE MEN 11+</b>				<b>Heat:4, starttime: 15:35</b>	
<b>Heat: 4/5 Lane : 3 Athlete: MARTENS YWEIN</b>				<b>Q-time: 00:03:00</b>	
PB (25m pool): 01:04.40 Eeklo 19/04/2026			PB (50m pool): 01:07.53 SB: 01:04.40 Eeklo 19/04/2026		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:30.12		01:04.40	
	00:30.12		00:34.28		
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 21: 4x50M FREESTYLE WOMEN 11-13</b>						<b>Heat:1, starttime: 15:50</b>		
<b>Heat: 1/1 Lane : 5 Athlete: TEAM STW 13</b>						<b>Q-time: 99:99:99</b>		
PB (25m pool):		PB (50m pool):		SB:				
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100</b>	<b>125</b>	<b>150</b>	<b>175</b>	<b>200 M</b>
PB								
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

# Fin dag RCOVL: Session: 1: COACH evaluation sheet for TEAM: STW

Event number: 23: 4x50M FREESTYLE WOMEN 14-16							Heat:1, starttime: 16:00	
Heat: 1/1 Lane : 6 Athlete: TEAM STW 14							Q-time: 99:99:99	
PB (25m pool):			PB (50m pool):			SB:		
	25 M	50 M	75 M	100	125	150	175	200 M
PB								
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback: