

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

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

Coaches: Severens Els HEADCOACH

Coaches: Vanderrijst Ananza

PB => Personal Best time

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

Event number: 9: 100M BACKSTROKE WOMEN 11+ Heat:1, starttime: 14:40

Heat: 1/5 Lane : 3 Athlete: MARTENS ESTEE Q-time: 00:03:00

PB (25m pool): 01:35.25 Sint-Niklaas 28/12/2025 PB (50m pool): 01:33.05 SB: 01:35.25 Sint-Niklaas 28/12/2025

	25 M	50 M	75 M	100 M	
PB		00:46.02		01:35.25	
	00:46.02		00:49.23		
	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+ Heat:2, starttime: 14:40

Heat: 2/5 Lane : 2 Athlete: VAN PETEGHEM ALINE Q-time: 00:05:00

PB (25m pool): 01:28.89 Eeklo 19/04/2026 PB (50m pool): 01:33.57 SB: 01:28.89 Eeklo 19/04/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:28.89	
	no time				
	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+ Heat:2, starttime: 14:40

Heat: 2/5 Lane : 4 Athlete: VAN GOETHEM LOTTE Q-time: 00:01:00

PB (25m pool): 01:24.66 Sint-Amandsberg 19/10/2025 PB (50m pool): 01:20.84 SB: 01:24.66 Sint-Amandsberg 19/10/2025

	25 M	50 M	75 M	100 M	
PB		00:42.34		01:24.66	
	00:42.34		00:42.32		
	

Coach feedback:

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

Event number: 9: 100M BACKSTROKE WOMEN 11+				Heat:3, starttime: 14:40	
Heat: 3/5 Lane : 5 Athlete: DE LETTER LINDE				Q-time: 00:02:00	
PB (25m pool): 01:22.70 Temse 21/12/2025			PB (50m pool): 01:24.68 SB: 01:22.70 Temse 21/12/2025		
	25 M	50 M	75 M	100 M	
PB		00:41.93		01:22.70	
	00:41.93		00:40.77		
	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+				Heat:4, starttime: 14:40	
Heat: 4/5 Lane : 3 Athlete: DE MEY AURORA				Q-time: 00:03:00	
PB (25m pool): 01:21.50 Temse 21/12/2025			PB (50m pool): 01:22.44 SB: 01:21.50 Temse 21/12/2025		
	25 M	50 M	75 M	100 M	
PB		00:39.64		01:21.50	
	00:39.64		00:41.86		
	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+				Heat:5, starttime: 14:45	
Heat: 5/5 Lane : 4 Athlete: TAE LMAN YADE				Q-time: 00:01:00	
PB (25m pool): 01:15.02 Temse 21/12/2025			PB (50m pool): 01:17.21 SB: 01:15.02 Temse 21/12/2025		
	25 M	50 M	75 M	100 M	
PB		00:37.10		01:15.02	
	00:37.10		00:37.92		
	

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:2, starttime: 14:45	
Heat: 2/5 Lane : 3 Athlete: HEYNZE OTIS				Q-time: 00:03:00	
PB (25m pool): 01:25.82 Temse 17/11/2025			PB (50m pool): 01:26.18 SB: 01:25.82 Temse 17/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:42.68		01:25.82	
	00:42.68		00:43.14		
	

Coach feedback:

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

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:2, starttime: 14:45	
Heat: 2/5 Lane : 7 Athlete: VANDERSCHAEGHE DAAN				Q-time: 00:06:00	
PB (25m pool): 01:30.63 Liedekerke 11/11/2025			PB (50m pool): 01:32.37 SB: 01:30.63 Liedekerke 11/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.83		01:30.63	
		00:44.83		00:45.80	
	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11+				Heat:4, starttime: 15:05	
Heat: 4/4 Lane : 2 Athlete: VANDERSCHAEGHE ELLA				Q-time: 00:05:00	
PB (25m pool): 01:34.42 Dendermonde. 22/11/2025			PB (50m pool): 01:37.15 SB: 01:34.42 Dendermonde. 22/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.36		01:34.42	
		00:44.36		00:50.06	
	

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:1, starttime: 15:10	
Heat: 1/4 Lane : 3 Athlete: HEYNZE OTIS				Q-time: 00:03:00	
PB (25m pool): 01:47.76 TEMSE 18/05/2025			PB (50m pool): 01:43.77 SB: 01:48.51 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.38		01:47.76	
		00:51.38		00:56.38	
	

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:1, starttime: 15:10	
Heat: 1/4 Lane : 5 Athlete: VANDERSCHAEGHE DAAN				Q-time: 00:02:00	
PB (25m pool): 01:47.38 Lokeren 05/04/2025			PB (50m pool): 01:47.56 SB: 01:48.12 Dendermonde. 22/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.74		01:47.38	
		00:50.74		00:56.64	
	

Coach feedback:

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

Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:4, starttime: 15:10	
Heat: 4/4 Lane : 6 Athlete: VAN NEER LOWIEK				Q-time: 00:04:00	
PB (25m pool): 01:21.50 Sint-Niklaas 11/01/2026			PB (50m pool): 01:27.85 SB: 01:21.50 Sint-Niklaas 11/01/2026		
	25 M	50 M	75 M	100 M	
PB		00:39.10		01:21.50	
	00:39.10		00:42.40		
	

Coach feedback:

Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:1, starttime: 15:25	
Heat: 1/5 Lane : 2 Athlete: MARTENS ESTEE				Q-time: 00:05:00	
PB (25m pool): 01:24.08 Eeklo 19/04/2026			PB (50m pool): 01:29.23 SB: 01:24.08 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:39.64		01:24.08	
	00:39.64		00:44.44		
	

Coach feedback:

Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:1, starttime: 15:25	
Heat: 1/5 Lane : 7 Athlete: COLPAERT LEONIE				Q-time: 00:06:00	
PB (25m pool): 01:26.38 Eeklo 19/04/2026			PB (50m pool): 01:26.23 SB: 01:26.38 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:41.56		01:26.38	
	00:41.56		00:44.82		
	

Coach feedback:

Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:4, starttime: 15:25	
Heat: 4/5 Lane : 5 Athlete: DE MEY AURORA				Q-time: 00:02:00	
PB (25m pool): 01:09.68 Eeklo 19/04/2026			PB (50m pool): 01:14.32 SB: 01:09.68 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:33.92		01:09.68	
	00:33.92		00:35.76		
	

Coach feedback:

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

Event number: 17: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 15:30
Heat: 5/5 Lane : 3 Athlete: COLPAERT JULIE					Q-time: 00:03:00
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: 19: 100M FREESTYLE MEN 11+					Heat:2, starttime: 15:30
Heat: 2/5 Lane : 7 Athlete: VANDERSCHAEGHE DAAN					Q-time: 00:06:00
PB (25m pool): 01:20.42 Eeklo 19/04/2026			PB (50m pool): 01:21.44 SB: 01:20.42 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:38.12		01:20.42	
		00:38.12		00:42.30	
	

Coach feedback:

Event number: 21: 4x50M FREESTYLE WOMEN 11-13							Heat:1, starttime: 15:50	
Heat: 1/1 Lane : 6 Athlete: TEAM SWEM 1							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:

Event number: 23: 4x50M FREESTYLE WOMEN 14-16							Heat:1, starttime: 16:00	
Heat: 1/1 Lane : 3 Athlete: TEAM SWEM 16							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: