

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

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

Coaches: Bogaert Ciaran

Coaches: Kindt Joachim HEADCOACH

Coaches: Kindt Maarten

PB => Personal Best time

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

Event number: 1: 200M MEDLEY WOMEN 11+ Heat:3, starttime: 14:00

Heat: 3/4 Lane : 3 Athlete: DE GROOTE LIESL Q-time: 00:03:00

PB (25m pool): 02:48.70 Sinbad 05/10/2025 PB (50m pool): 02:52.06 SB: 02:48.70 Sinbad 05/10/2025

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.29		no time		no time		02:48.70
	00:35.29							

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+ Heat:3, starttime: 14:00

Heat: 3/4 Lane : 6 Athlete: VAN DORPE ADA Q-time: 00:04:00

PB (25m pool): 02:48.77 Sinbad 05/10/2025 PB (50m pool): 02:49.99 SB: 02:48.77 Sinbad 05/10/2025

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.55		no time		no time		02:48.77
	00:37.55							

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 13+ Heat:2, starttime: 14:05

Heat: 2/3 Lane : 7 Athlete: RUYSSINCK DIEDE Q-time: 00:06:00

PB (25m pool): 02:34.78 Sinbad 16/03/2025 PB (50m pool): 02:42.19 SB: 02:35.72 Dendermonde 22/11/2025

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.73		no time		no time		02:34.78
	00:32.73							

Coach feedback:

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Event number: 3: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:05	
Heat: 2/4 Lane : 2 Athlete: DE DONDER THOR							Q-time: 00:05:00	
PB (25m pool): 02:54.84 Sinbad 05/10/2025			PB (50m pool): 03:04.50 SB: 02:54.84 Sinbad 05/10/2025					
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:41.96		no time		no time		02:54.84
	00:41.96							

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:05	
Heat: 2/4 Lane : 3 Athlete: BLONDEEL NILS							Q-time: 00:03:00	
PB (25m pool): 02:52.82 Sinbad 05/10/2025			PB (50m pool): 02:54.13 SB: 02:52.82 Sinbad 05/10/2025					
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.63		no time		no time		02:52.82
	00:36.63							

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:05	
Heat: 2/4 Lane : 4 Athlete: VERNAILLEN SEPPE							Q-time: 00:01:00	
PB (25m pool): 02:46.28 Sinbad 05/10/2025			PB (50m pool): no time SB: 02:46.28 Sinbad 05/10/2025					
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.94		no time		no time		02:46.28
	00:37.94							

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:05	
Heat: 2/4 Lane : 5 Athlete: TER-EGANYAN ARMAN							Q-time: 00:02:00	
PB (25m pool): 02:52.10 Sinbad 16/03/2025			PB (50m pool): 02:49.63 SB: 02:52.27 Sinbad 05/10/2025					
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.10		no time		no time		02:52.10
	00:39.10							

Coach feedback:

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Event number: 3: 200M MEDLEY MEN 11+							Heat:4, starttime: 14:10	
Heat: 4/4 Lane : 5 Athlete: AHALLAL ADAM							Q-time: 00:02:00	
PB (25m pool): 02:37.10 Sinbad 05/10/2025				PB (50m pool): no time SB: 02:37.10 Sinbad 05/10/2025				
	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		00:34.28		no time		no time		02:37.10
	<i>00:34.28</i>							

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:4, starttime: 14:10	
Heat: 4/4 Lane : 6 Athlete: JANSOONE DENNIS							Q-time: 00:04:00	
PB (25m pool): 02:48.40 Sinbad 05/10/2025				PB (50m pool): 03:02.49 SB: 02:48.40 Sinbad 05/10/2025				
	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		00:37.53		no time		no time		02:48.40
	<i>00:37.53</i>							

Coach feedback:

Event number: 4: 200M MEDLEY MEN 13+							Heat:1, starttime: 14:10	
Heat: 1/3 Lane : 6 Athlete: WALTNIEL BAVO							Q-time: 00:04:00	
PB (25m pool): 02:41.26 Eeklo 06/04/2026				PB (50m pool): 02:45.83 SB: 02:41.26 Eeklo 06/04/2026				
	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		00:34.34		no time		no time		02:41.26
	<i>00:34.34</i>							

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 14:25			
Heat: 2/2 Lane : 4 Athlete: DE GROOTE LIESL					Q-time: 00:01:00			
PB (25m pool): 01:16.66 Sinbad 05/10/2025			PB (50m pool): 01:17.61 SB: 01:16.66 Sinbad 05/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:35.33		01:16.66				
	<i>00:35.33</i>		<i>00:41.33</i>					
				

Coach feedback:

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Event number: 6: 100M BUTTERFLY WOMEN 13+				Heat:1, starttime: 14:25	
Heat: 1/3 Lane : 6 Athlete: DE SMET LILY				Q-time: 00:04:00	
PB (25m pool): 01:13.47 T ROSCO 12/10/2025			PB (50m pool): 01:15.50 SB: 01:13.47 T ROSCO 12/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:33.17		01:13.47	
	00:33.17		00:40.30		
	

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 11+				Heat:1, starttime: 14:25	
Heat: 1/2 Lane : 4 Athlete: VERNAILLEN SEPPE				Q-time: 00:01:00	
PB (25m pool): 01:22.44 Sinbad 05/10/2025			PB (50m pool): 01:48.92 SB: 01:22.44 Sinbad 05/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:35.54		01:22.44	
	00:35.54		00:46.90		
	

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 11+				Heat:1, starttime: 14:25	
Heat: 1/2 Lane : 5 Athlete: BOMBEECK MATHIAS				Q-time: 00:02:00	
PB (25m pool): 01:22.80 Sinbad 05/10/2025			PB (50m pool): 01:18.10 SB: 01:22.80 Sinbad 05/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:38.10		01:22.80	
	00:38.10		00:44.70		
	

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 11+				Heat:2, starttime: 14:25	
Heat: 2/2 Lane : 4 Athlete: VERHAEVERT NAN				Q-time: 00:01:00	
PB (25m pool): 01:11.59 Sinbad 05/10/2025			PB (50m pool): 01:12.24 SB: 01:11.59 Sinbad 05/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:32.13		01:11.59	
	00:32.13		00:39.46		
	

Coach feedback:

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Event number: 8: 100M BUTTERFLY MEN 13+				Heat:2, starttime: 14:30	
Heat: 2/2 Lane : 7 Athlete: WOJCIULA TYMON				Q-time: 00:06:00	
PB (25m pool): 01:10.19 Sinbad 16/03/2025			PB (50m pool): 01:08.12 SB: 01:16.22 Sint-Niklaas 11/01/2026		
	25 M	50 M	75 M	100 M	
PB		00:32.50		01:10.19	
		00:32.50		00:37.69	
	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+				Heat:1, starttime: 14:40	
Heat: 1/5 Lane : 2 Athlete: VAN LAETHEM MILA				Q-time: 00:05:00	
PB (25m pool): 01:33.25 Sint-Niklaas 11/01/2026			PB (50m pool): 01:32.82 SB: 01:33.25 Sint-Niklaas 11/01/2026		
	25 M	50 M	75 M	100 M	
PB		00:45.25		01:33.25	
		00:45.25		00:48.00	
	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+				Heat:3, starttime: 14:40	
Heat: 3/5 Lane : 7 Athlete: JACOB EMMA				Q-time: 00:06:00	
PB (25m pool): 01:25.81 Eeklo 19/04/2026			PB (50m pool): 01:27.83 SB: 01:25.81 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		no time		01:25.81	
		no time			
	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+				Heat:4, starttime: 14:40	
Heat: 4/5 Lane : 1 Athlete: BADIDI CHAHD				Q-time: 00:07:00	
PB (25m pool): 01:26.16 Sint-Niklaas 11/01/2026			PB (50m pool): 01:28.54 SB: 01:26.16 Sint-Niklaas 11/01/2026		
	25 M	50 M	75 M	100 M	
PB		00:43.04		01:26.16	
		00:43.04		00:43.12	
	

Coach feedback:

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Event number: 9: 100M BACKSTROKE WOMEN 11+				Heat:4, starttime: 14:40	
Heat: 4/5 Lane : 5 Athlete: LEGRAND ALICIA				Q-time: 00:02:00	
PB (25m pool): 01:20.43 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:20.79 SB: 01:20.43 Sint-Amandsberg 19/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:40.07		01:20.43	
	00:40.07		00:40.36		
	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+				Heat:5, starttime: 14:45	
Heat: 5/5 Lane : 6 Athlete: BULLEN LOTTE				Q-time: 00:04:00	
PB (25m pool): 01:14.64 Sint-Niklaas 11/01/2026			PB (50m pool): 01:18.59 SB: 01:14.64 Sint-Niklaas 11/01/2026		
	25 M	50 M	75 M	100 M	
PB		00:36.94		01:14.64	
	00:36.94		00:37.70		
	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+				Heat:5, starttime: 14:45	
Heat: 5/5 Lane : 7 Athlete: OSSELAER KATO				Q-time: 00:06:00	
PB (25m pool): 01:16.08 Eeklo 06/04/2026			PB (50m pool): 01:18.55 SB: 01:16.08 Eeklo 06/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:37.22		01:16.08	
	00:37.22		00:38.86		
	

Coach feedback:

Event number: 10: 100M BACKSTROKE WOMEN 13+				Heat:1, starttime: 14:45	
Heat: 1/3 Lane : 5 Athlete: EELBODE EMELIE				Q-time: 00:02:00	
PB (25m pool): 01:07.69 Temse 17/11/2025			PB (50m pool): 01:08.89 SB: 01:07.69 Temse 17/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:33.69		01:07.69	
	00:33.69		00:34.00		
	

Coach feedback:

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Event number: 11: 100M BACKSTROKE MEN 11+				Heat:3, starttime: 14:50	
Heat: 3/5 Lane : 4 Athlete: BLONDEEL NILS				Q-time: 00:01:00	
PB (25m pool): no time			PB (50m pool): 01:16.59 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:5, starttime: 14:50	
Heat: 5/5 Lane : 2 Athlete: VERHAEVERT NAN				Q-time: 00:05:00	
PB (25m pool): no time			PB (50m pool): 01:15.82 SB: no time		
	25 M	50 M	75 M	100 M	
PB		no time		no time	
	<i>no time</i>				
	

Coach feedback:

Event number: 12: 100M BACKSTROKE MEN 13+				Heat:2, starttime: 14:50	
Heat: 2/3 Lane : 3 Athlete: WOJCIULA TYMON				Q-time: 00:03:00	
PB (25m pool): 01:04.01 Temse 17/11/2025			PB (50m pool): 01:05.36 SB: 01:04.01 Temse 17/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:31.67		01:04.01	
	<i>00:31.67</i>		<i>00:32.34</i>		
	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11+				Heat:2, starttime: 15:05	
Heat: 2/4 Lane : 7 Athlete: JACOB EMMA				Q-time: 00:06:00	
PB (25m pool): 01:46.19 Dendermonde. 22/11/2025			PB (50m pool): 01:54.00 SB: 01:46.19 Dendermonde. 22/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:51.44		01:46.19	
	<i>00:51.44</i>		<i>00:54.75</i>		
	

Coach feedback:

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Event number: 14: 100M BREASTSTROKE WOMEN 13+				Heat:1, starttime: 15:05	
Heat: 1/3 Lane : 3 Athlete: LEGRAND ALICIA				Q-time: 00:03:00	
PB (25m pool): 01:20.45 Eeklo 06/04/2026			PB (50m pool): 01:20.22 SB: 01:20.45 Eeklo 06/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:37.65		01:20.45	
	00:37.65		00:42.80		
	

Coach feedback:

Event number: 14: 100M BREASTSTROKE WOMEN 13+				Heat:1, starttime: 15:05	
Heat: 1/3 Lane : 6 Athlete: DE SMET LILY				Q-time: 00:04:00	
PB (25m pool): 01:22.26 Temse 17/11/2025			PB (50m pool): 01:22.20 SB: 01:22.26 Temse 17/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:39.09		01:22.26	
	00:39.09		00:43.17		
	

Coach feedback:

Event number: 14: 100M BREASTSTROKE WOMEN 13+				Heat:2, starttime: 15:05	
Heat: 2/3 Lane : 1 Athlete: BULLEN LOTTE				Q-time: 00:07:00	
PB (25m pool): 01:21.98 Ternat 26/12/2024			PB (50m pool): 01:23.46 SB: 01:23.06 T ROSCO 12/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:39.19		01:21.98	
	00:39.19		00:42.79		
	

Coach feedback:

Event number: 14: 100M BREASTSTROKE WOMEN 13+				Heat:2, starttime: 15:05	
Heat: 2/3 Lane : 5 Athlete: RUYSSINCK DIEDE				Q-time: 00:02:00	
PB (25m pool): 01:19.20 Lokeren 28/09/2025			PB (50m pool): 01:22.30 SB: 01:19.20 Lokeren 28/09/2025		
	25 M	50 M	75 M	100 M	
PB		00:37.88		01:19.20	
	00:37.88		00:41.32		
	

Coach feedback:

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Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:3, starttime: 15:10	
Heat: 3/4 Lane : 4 Athlete: BOMBEECK MATHIAS				Q-time: 00:01:00	
PB (25m pool): 01:28.59 Temse 17/11/2025			PB (50m pool): 01:28.13 SB: 01:28.59 Temse 17/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:41.68		01:28.59	
	00:41.68		00:46.91		
	

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:4, starttime: 15:10	
Heat: 4/4 Lane : 3 Athlete: AHALLAL ADAM				Q-time: 00:03:00	
PB (25m pool): 01:18.84 Sinbad 12/01/2025			PB (50m pool): 01:21.09 SB: 01:19.71 Sint-Niklaas 11/01/2026		
	25 M	50 M	75 M	100 M	
PB		00:37.39		01:18.84	
	00:37.39		00:41.45		
	

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 13+				Heat:1, starttime: 15:15	
Heat: 1/2 Lane : 2 Athlete: DE DONDER THOR				Q-time: 00:05:00	
PB (25m pool): 01:22.68 Sint-Amansberg 19/10/2025			PB (50m pool): 01:22.58 SB: 01:22.68 Sint-Amansberg 19/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:39.75		01:22.68	
	00:39.75		00:42.93		
	

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 13+				Heat:1, starttime: 15:15	
Heat: 1/2 Lane : 3 Athlete: TER-EGANYAN ARMAN				Q-time: 00:03:00	
PB (25m pool): 01:17.81 Eeklo 06/04/2026			PB (50m pool): 01:21.00 SB: 01:17.81 Eeklo 06/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:36.22		01:17.81	
	00:36.22		00:41.59		
	

Coach feedback:

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Event number: 16: 100M BREASTSTROKE MEN 13+				Heat:1, starttime: 15:15	
Heat: 1/2 Lane : 4 Athlete: WALTNIEL BAVO				Q-time: 00:01:00	
PB (25m pool): 01:16.26 Eeklo 06/04/2026			PB (50m pool): 01:16.89 SB: 01:16.26 Eeklo 06/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:36.08		01:16.26	
	00:36.08		00:40.18		
	

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 13+				Heat:2, starttime: 15:15	
Heat: 2/2 Lane : 6 Athlete: WALTNIEL NAND				Q-time: 00:04:00	
PB (25m pool): 01:14.50 Sint-Niklaas 11/01/2026			PB (50m pool): 01:17.23 SB: 01:14.50 Sint-Niklaas 11/01/2026		
	25 M	50 M	75 M	100 M	
PB		00:35.03		01:14.50	
	00:35.03		00:39.47		
	

Coach feedback:

Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:1, starttime: 15:25	
Heat: 1/5 Lane : 3 Athlete: VAN LAETHEM MILA				Q-time: 00:03:00	
PB (25m pool): 01:22.18 Eeklo 19/04/2026			PB (50m pool): 01:24.24 SB: 01:22.18 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:38.45		01:22.18	
	00:38.45		00:43.73		
	

Coach feedback:

Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:3, starttime: 15:25	
Heat: 3/5 Lane : 3 Athlete: DENEFF ELLA				Q-time: 00:03:00	
PB (25m pool): 01:13.14 Eeklo 19/04/2026			PB (50m pool): 01:13.58 SB: 01:13.14 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:34.10		01:13.14	
	00:34.10		00:39.04		
	

Coach feedback:

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Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:3, starttime: 15:25	
Heat: 3/5 Lane : 6 Athlete: JACOB EMMA				Q-time: 00:04:00	
PB (25m pool): 01:13.85 Eeklo 19/04/2026			PB (50m pool): 01:15.38 SB: 01:13.85 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:36.01		01:13.85	
	00:36.01		00:37.84		
	

Coach feedback:

Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:5, starttime: 15:30	
Heat: 5/5 Lane : 2 Athlete: HOEBEECK TINNE				Q-time: 00:05:00	
PB (25m pool): 01:07.84 Sint-Niklaas 11/01/2026			PB (50m pool): 01:09.61 SB: 01:07.84 Sint-Niklaas 11/01/2026		
	25 M	50 M	75 M	100 M	
PB		00:32.98		01:07.84	
	00:32.98		00:34.86		
	

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 13+				Heat:1, starttime: 15:30	
Heat: 1/3 Lane : 4 Athlete: EELBODE EMELIE				Q-time: 00:01:00	
PB (25m pool): 00:59.44 Temse 17/11/2025			PB (50m pool): 00:59.17 SB: 00:59.44 Temse 17/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:28.84		00:59.44	
	00:28.84		00:30.60		
	

Coach feedback:

Event number: 19: 100M FREESTYLE MEN 11+				Heat:3, starttime: 15:35	
Heat: 3/5 Lane : 1 Athlete: VERHAEVERT FEN				Q-time: 00:07:00	
PB (25m pool): 01:14.55 Eeklo 19/04/2026			PB (50m pool): 01:17.83 SB: 01:14.55 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:36.77		01:14.55	
	00:36.77		00:37.78		
	

Coach feedback:

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Event number: 19: 100M FREESTYLE MEN 11+				Heat:3, starttime: 15:35	
Heat: 3/5 Lane : 4 Athlete: BLONDEEL NILS				Q-time: 00:01:00	
PB (25m pool): 01:05.52 Eeklo 19/04/2026			PB (50m pool): 01:06.41 SB: 01:05.52 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:31.44		01:05.52	
	00:31.44		00:34.08		
	

Coach feedback:

Event number: 19: 100M FREESTYLE MEN 11+				Heat:3, starttime: 15:35	
Heat: 3/5 Lane : 7 Athlete: DEBOLLE KYAN				Q-time: 00:06:00	
PB (25m pool): 01:12.61 Eeklo 19/04/2026			PB (50m pool): 01:13.65 SB: 01:12.61 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:34.27		01:12.61	
	00:34.27		00:38.34		
	

Coach feedback:

Event number: 19: 100M FREESTYLE MEN 11+				Heat:4, starttime: 15:35	
Heat: 4/5 Lane : 1 Athlete: DE DONDER THOR				Q-time: 00:07:00	
PB (25m pool): 01:12.61 Eeklo 19/04/2026			PB (50m pool): 01:16.66 SB: 01:12.61 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:34.79		01:12.61	
	00:34.79		00:37.82		
	

Coach feedback:

Event number: 19: 100M FREESTYLE MEN 11+				Heat:4, starttime: 15:35	
Heat: 4/5 Lane : 2 Athlete: TER-EGANYAN ARMAN				Q-time: 00:05:00	
PB (25m pool): 01:05.85 Eeklo 19/04/2026			PB (50m pool): 01:07.10 SB: 01:05.85 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:31.11		01:05.85	
	00:31.11		00:34.74		
	

Coach feedback:

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

Event number: 19: 100M FREESTYLE MEN 11+				Heat:4, starttime: 15:35	
Heat: 4/5 Lane : 5 Athlete: WALTNIEL BAVO				Q-time: 00:02:00	
PB (25m pool): 01:04.39 Eeklo 19/04/2026			PB (50m pool): 01:05.10 SB: 01:04.39 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:30.40		01:04.39	
		00:30.40		00:33.99	
	

Coach feedback:

Event number: 19: 100M FREESTYLE MEN 11+				Heat:5, starttime: 15:35	
Heat: 5/5 Lane : 1 Athlete: WALTNIEL NAND				Q-time: 00:07:00	
PB (25m pool): 01:00.60 Eeklo 19/04/2026			PB (50m pool): 01:10.76 SB: 01:00.60 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:28.66		01:00.60	
		00:28.66		00:31.94	
	

Coach feedback:

Event number: 19: 100M FREESTYLE MEN 11+				Heat:5, starttime: 15:35	
Heat: 5/5 Lane : 6 Athlete: VERHAEVERT NAN				Q-time: 00:04:00	
PB (25m pool): 00:59.78 Eeklo 06/04/2026			PB (50m pool): 01:00.70 SB: 00:59.78 Eeklo 06/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:28.48		00:59.78	
		00:28.48		00:31.30	
	

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 13+				Heat:1, starttime: 15:35	
Heat: 1/2 Lane : 4 Athlete: VERNAILLEN SEPPE				Q-time: 00:01:00	
PB (25m pool): 01:05.66 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:03.17 SB: 01:05.66 Sint-Amandsberg 19/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:31.11		01:05.66	
		00:31.11		00:34.55	
	

Coach feedback:

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

Event number: 20: 100M FREESTYLE MEN 13+					Heat:2, starttime: 15:35				
Heat: 2/2 Lane : 6 Athlete: WOJCIULA TYMON					Q-time: 00:04:00				
PB (25m pool): 00:56.94 Eeklo 06/04/2026					PB (50m pool): 00:57.97 SB: 00:56.94 Eeklo 06/04/2026				
	25 M	50 M	75 M	100 M					
PB		00:27.00		00:56.94					
		00:27.00		00:29.94					
					

Coach feedback:

Event number: 23: 4x50M FREESTYLE WOMEN 14-16							Heat:1, starttime: 16:00	
Heat: 1/1 Lane : 5 Athlete: TEAM ZNA 1							Q-time: 01:57:20	
PB (25m pool):			PB (50m pool):		SB:			
	25 M	50 M	75 M	100	125	150	175	200 M
PB								

Coach feedback:

Event number: 24: 4x50M FREESTYLE MEN 14-16							Heat:1, starttime: 16:00	
Heat: 1/1 Lane : 5 Athlete: TEAM ZNA 1							Q-time: 01:49:76	
PB (25m pool):			PB (50m pool):		SB:			
	25 M	50 M	75 M	100	125	150	175	200 M
PB								

Coach feedback:

Event number: 25: 4x50M FREESTYLE WOMEN							Heat:1, starttime: 16:05	
Heat: 1/1 Lane : 4 Athlete: TEAM ZNA 1							Q-time: 02:02:06	
PB (25m pool):			PB (50m pool):		SB:			
	25 M	50 M	75 M	100	125	150	175	200 M
PB								

Coach feedback:

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

Event number: 26: 4x50M FREESTYLE MEN							Heat:1, starttime: 16:05	
Heat: 1/1 Lane : 4 Athlete: TEAM ZNA 1							Q-time: 01:55:78	
PB (25m pool):			PB (50m pool):			SB:		
	25 M	50 M	75 M	100	125	150	175	200 M
PB								

Coach feedback: