

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: GBZ

Coachinfo: Warming up from: 12:30 untill 13:20. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van Goethem Niels

Coaches: Wymeersch Helga HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 13:38
Heat: 4/11 Lane : 5 Athlete: DHONDT LINE			Q-time: 01:42:64
PB (50m pool): 01:42.64 Aalst 11/05/2025			PB (25m pool): 01:39.07 SB: no time
	5 0 M	1 0 0 M	
PB	00:50.36	01:42.64	
	00:50.36	00:52.28	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 13:38
Heat: 4/11 Lane : 6 Athlete: SCHEERS JASMIJN			Q-time: 01:43:55
PB (50m pool): no time			PB (25m pool): 01:47.04 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:7, starttime: 13:44
Heat: 7/11 Lane : 7 Athlete: VEREECKEN LARA			Q-time: 01:34:42
PB (50m pool): 01:34.42 Aalst 11/05/2025			PB (25m pool): 01:30.99 SB: no time
	5 0 M	1 0 0 M	
PB	00:45.27	01:34.42	
	00:45.27	00:49.15	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 13:46
Heat: 8/11 Lane : 8 Athlete: LEFEBRE ELENA			Q-time: 01:32:77
PB (50m pool): 01:44.51 Aalst 28/04/2024			PB (25m pool): 01:32.77 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:44.51	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 13:48
Heat: 9/11 Lane : 2 Athlete: DE WITTE FIEN			Q-time: 01:28:09
PB (50m pool): 01:28.09 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:25.91 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.95	01:28.09	
	00:41.95	00:46.14	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 13:50
Heat: 10/11 Lane : 2 Athlete: VINCK ELISE			Q-time: 01:24:68
PB (50m pool): 01:27.10 Aalst 11/05/2025			PB (25m pool): 01:24.68 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.07	01:27.10	
	00:41.07	00:46.03	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 13:50
Heat: 10/11 Lane : 8 Athlete: VAN HAVERE ANNE			Q-time: 01:25:30
PB (50m pool): 01:25.30 WACHTEBEKE 19/01/2025			PB (25m pool): 01:24.31 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:25.30	
	no time		
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:4, starttime: 14:01
Heat: 4/7 Lane : 8 Athlete: DE RYCK SEPPE			Q-time: 01:24:64
PB (50m pool): 01:24.64 WACHTEBEKE 19/01/2025			PB (25m pool): 01:20.00 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:24.64	
	no time		
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:5, starttime: 14:03
Heat: 5/7 Lane : 6 Athlete: LARHDIR RAYAN			Q-time: 01:19:22
PB (50m pool): 01:33.25 Lago Gent Rozebroeken 05/05/2024			PB (25m pool): 01:19.22 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:33.25	
	no time		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 14:12
Heat: 3/7 Lane : 3 Athlete: VERHOFSTEDE LENA			Q-time: 00:36:86
PB (50m pool): 00:40.57 Aalst 28/04/2024			PB (25m pool): 00:36.86 SB: no time
	5 0 M		
PB	00:40.57		
	00:40.57		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 14:12
Heat: 3/7 Lane : 8 Athlete: HOTTINGER NYAH			Q-time: 00:38:41
PB (50m pool): 00:38.41 Aalst 11/05/2025			PB (25m pool): 00:36.89 SB: no time
	5 0 M		
PB	00:38.41		
	00:38.41		
			

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:5, starttime: 14:16
Heat: 5/7 Lane : 5 Athlete: THIELMAN PAULIEN		Q-time: 00:34:43
PB (50m pool): 00:36.20 Aalst 28/04/2024		PB (25m pool): 00:34.43 SB: no time
	5 0 M	
PB	00:36.20	
	00:36.20	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:6, starttime: 14:17
Heat: 6/7 Lane : 8 Athlete: VINCK ELISE		Q-time: 00:34:37
PB (50m pool): 00:34.37 Aalst 11/05/2025		PB (25m pool): 00:34.24 SB: no time
	5 0 M	
PB	00:34.37	
	00:34.37	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 14:24
Heat: 3/5 Lane : 4 Athlete: VAN OEVELEN NOAH		Q-time: 00:34:37
PB (50m pool): no time		PB (25m pool): 00:34.37 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:6, starttime: 14:35
Heat: 6/12 Lane : 4 Athlete: LEFEBRE ELENA		Q-time: 00:40:09
PB (50m pool): 00:40.09 Aalst 11/05/2025		PB (25m pool): no time SB: no time
	5 0 M	
PB	00:40.09	
	00:40.09	
		

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:6, starttime: 14:35
Heat: 6/12	Lane : 5	Athlete: VERHOFSTEDE LENA
PB (50m pool): no time		PB (25m pool): 00:35.99 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:8, starttime: 14:38
Heat: 8/12	Lane : 2	Athlete: SCHEERS JASMIJN
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:9, starttime: 14:39
Heat: 9/12	Lane : 2	Athlete: THIELMAN PAULIEN
PB (50m pool): 00:34.59 Aalst 28/04/2024		PB (25m pool): 00:32.89 SB: no time
	5 0 M	
PB	00:34.59	
	00:34.59	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:9, starttime: 14:39
Heat: 9/12	Lane : 4	Athlete: DE WITTE FIEN
PB (50m pool): 00:34.73 Antwerp 02/02/2025		PB (25m pool): 00:34.22 SB: no time
	5 0 M	
PB	00:34.73	
	00:34.73	
		

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:9, starttime: 14:39
Heat: 9/12	Lane : 6	Athlete: VAN HAVERE ANNE
PB (50m pool): 00:35.01 Antwerp 02/02/2025		PB (25m pool): 00:37.13 SB: no time
	5 0 M	
PB	00:35.01	
	00:35.01	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:10, starttime: 14:40
Heat: 10/12	Lane : 8	Athlete: VEREECKEN LARA
PB (50m pool): 00:36.24 Aalst 28/04/2024		PB (25m pool): 00:34.57 SB: no time
	5 0 M	
PB	00:36.24	
	00:36.24	
		

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:3, starttime: 14:46
Heat: 3/7	Lane : 7	Athlete: LARHDIR RAYAN
PB (50m pool): no time		PB (25m pool): 00:35.63 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:4, starttime: 14:47
Heat: 4/7	Lane : 6	Athlete: VAN OEVELEN NOAH
PB (50m pool): no time		PB (25m pool): 00:33.61 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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Event number: 8: 400M FREESTYLE MEN 13+							Heat:5, starttime: 15:52	
Heat: 5/6 Lane : 6 Athlete: DE RYCK SEPPE							Q-time: 04:37:42	
PB (50m pool): 04:37.42 Aalst 28/06/2025				PB (25m pool): 04:25.92 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:31.54	01:06.27	01:41.13	02:16.79	02:52.63	03:28.37	04:03.88	04:37.42
	00:31.54	00:34.73	00:34.86	00:35.66	00:35.84	00:35.74	00:35.51	00:33.54
								

Coach feedback:

Event number: 9: 4x100M MEDLEY WOMEN 11+							Heat:1, starttime: 16:03	
Heat: 1/2 Lane : 4 Athlete: TEAM GBZ 1							Q-time: 99:99:99	
PB (50m pool):			PB (25m pool):			SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB								
								

Coach feedback: