

PK 50m bad: Session: 2: COACH evaluation sheet for TEAM: GBZ

Coachinfo: Warming up from: 17:00 untill 17:50. 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: 10: 100M BACKSTROKE WOMEN 11-12 Heat:5, starttime: 18:11

Heat: 5/5 Lane : 7 Athlete: SCHEERS JASMIJN Q-time: 01:25:16

PB (50m pool): no time PB (25m pool): 01:25.16 SB: no time

	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 12: 200M BUTTERFLY WOMEN 13+ Heat:2, starttime: 18:21

Heat: 2/2 Lane : 6 Athlete: THIELMAN PAULIEN Q-time: 02:50:74

PB (50m pool): 02:50.74 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): no time SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.58	01:21.21	02:06.44	02:50.74	
	00:37.58	00:43.63	00:45.23	00:44.30	
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+ Heat:2, starttime: 18:27

Heat: 2/11 Lane : 1 Athlete: LARHDIR RAYAN Q-time: 01:18:94

PB (50m pool): no time PB (25m pool): 01:05.87 SB: no time

	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:5, starttime: 18:32
Heat: 5/11 Lane : 2 Athlete: DE WREE SERRANO ILIAS			Q-time: 01:05:37
PB (50m pool): 01:05.37 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:03.71 SB: no time			
	5 0 M	1 0 0 M	
PB	00:31.13	01:05.37	
	00:31.13	00:34.24	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:6, starttime: 18:33
Heat: 6/11 Lane : 8 Athlete: VAN OEVELEN NOAH			Q-time: 01:05:14
PB (50m pool): no time PB (25m pool): 01:05.14 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:7, starttime: 18:35
Heat: 7/11 Lane : 6 Athlete: QUANTEN XANDER			Q-time: 01:02:21
PB (50m pool): 01:02.21 Antwerp 02/02/2025 PB (25m pool): 01:00.94 SB: no time			
	5 0 M	1 0 0 M	
PB	00:29.90	01:02.21	
	00:29.90	00:32.31	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 18:49
Heat: 4/15 Lane : 8 Athlete: DHONDT LINE			Q-time: 01:22:29
PB (50m pool): 01:22.29 Aalst 11/05/2025 PB (25m pool): 01:32.53 SB: no time			
	5 0 M	1 0 0 M	
PB	00:40.89	01:22.29	
	00:40.89	00:41.40	
			

Coach feedback:

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Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 18:51
Heat: 5/15 Lane : 5 Athlete: LEFEBRE ELENA			Q-time: 01:17:47
PB (50m pool): 01:17.47 Aalst 11/05/2025			PB (25m pool): 01:14.58 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.04	01:17.47	
	00:38.04	00:39.43	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 18:53
Heat: 6/15 Lane : 6 Athlete: SCHEERS JASMIJN			Q-time: 01:15:93
PB (50m pool): no time			PB (25m pool): 01:15.93 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 18:55
Heat: 7/15 Lane : 5 Athlete: VERHOFSTEDE LENA			Q-time: 01:12:54
PB (50m pool): 01:12.54 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:10.54 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.35	01:12.54	
	00:34.35	00:38.19	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 19:00
Heat: 10/15 Lane : 2 Athlete: VINCK ELISE			Q-time: 01:08:30
PB (50m pool): 01:08.30 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:06.83 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.71	01:08.30	
	00:32.71	00:35.59	
			

Coach feedback:

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Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 19:00
Heat: 10/15 Lane : 4 Athlete: VAN PUYVELDE EMMA			Q-time: 01:07:59
PB (50m pool): 01:09.74 Aalst 30/04/2023			PB (25m pool): 01:07.23 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:09.74	
	no time		
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 19:02
Heat: 11/15 Lane : 7 Athlete: HOTTINGER NYAH			Q-time: 01:06:59
PB (50m pool): 01:04.86 LOCHRISTI 25/01/2026			PB (25m pool): 01:03.22 SB: 01:04.86 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:04.86	
	no time		
			

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+			Heat:3, starttime: 19:13
Heat: 3/7 Lane : 2 Athlete: VAN OEVELEN NOAH			Q-time: 00:40:49
PB (50m pool): no time			PB (25m pool): 00:40.49 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 19:15
Heat: 5/7 Lane : 2 Athlete: DE WREE SERRANO ILIAS			Q-time: 00:36:29
PB (50m pool): no time			PB (25m pool): 00:36.29 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

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Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:5, starttime: 19:15
Heat: 5/7 Lane : 6 Athlete: LARHDIR RAYAN		Q-time: 00:36:17
PB (50m pool): no time		PB (25m pool): 00:36.17 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 16: 50M BREASTSTROKE WOMEN 13+		Heat:1, starttime: 19:19
Heat: 1/4 Lane : 7 Athlete: LEFEBRE ELENA		Q-time: 00:47:83
PB (50m pool): no time		PB (25m pool): 00:41.76 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 16: 50M BREASTSTROKE WOMEN 13+		Heat:2, starttime: 19:20
Heat: 2/4 Lane : 5 Athlete: VEREECKEN LARA		Q-time: 00:42:75
PB (50m pool): 00:42.75 Antwerp 02/02/2025		PB (25m pool): 00:40.49 SB: no time
	5 0 M	
PB	00:42.75	
	00:42.75	
		

Coach feedback:

Event number: 16: 50M BREASTSTROKE WOMEN 13+		Heat:3, starttime: 19:21
Heat: 3/4 Lane : 6 Athlete: VAN HAVERE ANNE		Q-time: 00:39:09
PB (50m pool): 00:39.09 Antwerp 02/02/2025		PB (25m pool): 00:38.40 SB: no time
	5 0 M	
PB	00:39.09	
	00:39.09	
		

Coach feedback:

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Event number: 16: 50M BREASTSTROKE WOMEN 13+										Heat:3, starttime: 19:21	
Heat: 3/4 Lane : 7 Athlete: DE WITTE FIEN										Q-time: 00:39:51	
PB (50m pool): 00:39.51 Antwerp 02/02/2025										PB (25m pool): 00:38.89SB: no time	
	5 0 M										
PB	00:39.51										
	00:39.51										
											

Coach feedback:

Event number: 16: 50M BREASTSTROKE WOMEN 13+										Heat:3, starttime: 19:21	
Heat: 3/4 Lane : 8 Athlete: VINCK ELISE										Q-time: 00:41:07	
PB (50m pool): 00:41.29 Aalst 30/04/2023										PB (25m pool): 00:38.28 SB: no time	
	5 0 M										
PB	00:41.29										
	00:41.29										
											

Coach feedback:

Event number: 17: 400M MEDLEY MEN 13+						Heat:1, starttime: 19:24		
Heat: 1/1 Lane : 3 Athlete: DE RYCK SEPPE						Q-time: 05:11:76		
PB (50m pool): no time						PB (25m pool): 05:11.76 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	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:3, starttime: 19:39
Heat: 3/7 Lane : 3 Athlete: VERHOFSTEDE LENA					Q-time: 02:56:29
PB (50m pool): no time			PB (25m pool): 02:56.29SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

PK 50m bad: Session: 2: COACH evaluation sheet for TEAM: GBZ

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:3, starttime: 19:39
Heat: 3/7 Lane : 5 Athlete: DE WITTE FIEN					Q-time: 02:54:28
PB (50m pool): 02:54.28 Aalst 11/05/2025					PB (25m pool): 02:46.69 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.18	01:27.14	02:16.25	02:54.28	
	00:40.18	00:46.96	00:49.11	00:38.03	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:4, starttime: 19:43
Heat: 4/7 Lane : 1 Athlete: VEREECKEN LARA					Q-time: 02:53:34
PB (50m pool): no time					PB (25m pool): 02:53.34 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:5, starttime: 19:46
Heat: 5/7 Lane : 5 Athlete: HOTTINGER NYAH					Q-time: 02:42:52
PB (50m pool): no time					PB (25m pool): 02:42.52 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 19: 4x100M FREESTYLE MEN 11+							Heat:1, starttime: 19:56
Heat: 1/1 Lane : 7 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: