

# PK 50m bad: Session: 4: COACH evaluation sheet for TEAM: SWEM

Coachinfo: Warming up from: 13:00 untill 13:20. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: De Letter Gerard

Coaches: Dierickx Kaat HEADCOACH

Coaches: Vanderrijst Ananza

Coaches: De Ridder Elke

Coaches: De Pauw Bieke

PB => Personal Best time

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

| Event number: 30: 100M BREASTSTROKE MEN 11-12 |           |           | Heat:2, starttime: 14:03            |
|-----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 2/3 Lane : 4 Athlete: HEYNZE OTIS       |           |           | Q-time: 01:48:74                    |
| PB (50m pool): 01:48.74 Antwerpen 13/07/2025  |           |           | PB (25m pool): 01:47.76 SB: no time |
|                                               | 5 0 M     | 1 0 0 M   |                                     |
| PB                                            | 00:50.86  | 01:48.74  |                                     |
|                                               | 00:50.86  | 00:57.88  |                                     |
|                                               | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 30: 100M BREASTSTROKE MEN 11-12    |           |           | Heat:2, starttime: 14:03            |
|--------------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 2/3 Lane : 5 Athlete: VANDERSCHAE GHE DAAN |           |           | Q-time: 01:51:38                    |
| PB (50m pool): 01:51.38 Antwerpen 13/07/2025     |           |           | PB (25m pool): 01:47.38 SB: no time |
|                                                  | 5 0 M     | 1 0 0 M   |                                     |
| PB                                               | 00:52.18  | 01:51.38  |                                     |
|                                                  | 00:52.18  | 00:59.20  |                                     |
|                                                  | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 31: 50M FREESTYLE MEN 13+      |           |  | Heat:1, starttime: 14:08                                  |
|----------------------------------------------|-----------|--|-----------------------------------------------------------|
| Heat: 1/8 Lane : 3 Athlete: HEYNZE LASSE     |           |  | Q-time: 00:39:03                                          |
| PB (50m pool): 00:34.46 LOCHRISTI 25/01/2026 |           |  | PB (25m pool): 00:34.76 SB: 00:34.46 LOCHRISTI 25/01/2026 |
|                                              | 5 0 M     |  |                                                           |
| PB                                           | 00:34.46  |  |                                                           |
|                                              | 00:34.46  |  |                                                           |
|                                              | . . . . . |  |                                                           |

Coach feedback:

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| Event number: 31: 50M FREESTYLE MEN 13+       |           | Heat:1, starttime: 14:08            |
|-----------------------------------------------|-----------|-------------------------------------|
| Heat: 1/8 Lane : 4 Athlete: HAECK RUNE        |           | Q-time: 00:36:30                    |
| PB (50m pool): 00:37.50 Wachtebeke 12/05/2024 |           | PB (25m pool): 00:32.20 SB: no time |
|                                               | 5 0 M     |                                     |
| PB                                            | 00:37.50  |                                     |
|                                               | 00:37.50  |                                     |
|                                               | . . . . . |                                     |

Coach feedback:

| Event number: 31: 50M FREESTYLE MEN 13+         |           | Heat:5, starttime: 14:12            |
|-------------------------------------------------|-----------|-------------------------------------|
| Heat: 5/8 Lane : 8 Athlete: VAN RAEMDONCK SIEBE |           | Q-time: 00:29:55                    |
| PB (50m pool): 00:37.20 Aalst 30/04/2023        |           | PB (25m pool): 00:29.55 SB: no time |
|                                                 | 5 0 M     |                                     |
| PB                                              | 00:37.20  |                                     |
|                                                 | 00:37.20  |                                     |
|                                                 | . . . . . |                                     |

Coach feedback:

| Event number: 32: 50M FREESTYLE WOMEN 13+     |           | Heat:1, starttime: 14:17            |
|-----------------------------------------------|-----------|-------------------------------------|
| Heat: 1/10 Lane : 3 Athlete: WINDHEY FIEN     |           | Q-time: 00:41:60                    |
| PB (50m pool): 00:41.60 WACHTEBEKE 19/01/2025 |           | PB (25m pool): 00:40.19 SB: no time |
|                                               | 5 0 M     |                                     |
| PB                                            | 00:41.60  |                                     |
|                                               | 00:41.60  |                                     |
|                                               | . . . . . |                                     |

Coach feedback:

| Event number: 32: 50M FREESTYLE WOMEN 13+     |           | Heat:2, starttime: 14:18            |
|-----------------------------------------------|-----------|-------------------------------------|
| Heat: 2/10 Lane : 2 Athlete: DE LETTER LINDE  |           | Q-time: 00:38:56                    |
| PB (50m pool): 00:38.56 WACHTEBEKE 19/01/2025 |           | PB (25m pool): 00:35.95 SB: no time |
|                                               | 5 0 M     |                                     |
| PB                                            | 00:38.56  |                                     |
|                                               | 00:38.56  |                                     |
|                                               | . . . . . |                                     |

Coach feedback:

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| Event number: 32: 50M FREESTYLE WOMEN 13+    |          |  |  | Heat:2, starttime: 14:18                                  |  |
|----------------------------------------------|----------|--|--|-----------------------------------------------------------|--|
| Heat: 2/10 Lane : 3 Athlete: AUDENAERT FIEN  |          |  |  | Q-time: 00:37:36                                          |  |
| PB (50m pool): 00:35.62 LOCHRISTI 25/01/2026 |          |  |  | PB (25m pool): 00:38.56 SB: 00:35.62 LOCHRISTI 25/01/2026 |  |
|                                              | 5 0 M    |  |  |                                                           |  |
| PB                                           | 00:35.62 |  |  |                                                           |  |
|                                              | 00:35.62 |  |  |                                                           |  |
|                                              | .....    |  |  |                                                           |  |

Coach feedback:

| Event number: 32: 50M FREESTYLE WOMEN 13+  |          |  |  | Heat:2, starttime: 14:18            |  |
|--------------------------------------------|----------|--|--|-------------------------------------|--|
| Heat: 2/10 Lane : 6 Athlete: MAES LENA     |          |  |  | Q-time: 00:38:18                    |  |
| PB (50m pool): 00:38.18 Antwerp 02/02/2025 |          |  |  | PB (25m pool): 00:34.64 SB: no time |  |
|                                            | 5 0 M    |  |  |                                     |  |
| PB                                         | 00:38.18 |  |  |                                     |  |
|                                            | 00:38.18 |  |  |                                     |  |
|                                            | .....    |  |  |                                     |  |

Coach feedback:

| Event number: 32: 50M FREESTYLE WOMEN 13+     |          |  |  | Heat:3, starttime: 14:19                                  |  |
|-----------------------------------------------|----------|--|--|-----------------------------------------------------------|--|
| Heat: 3/10 Lane : 6 Athlete: DE MAEIJER ELENA |          |  |  | Q-time: 00:34:81                                          |  |
| PB (50m pool): 00:33.18 LOCHRISTI 25/01/2026  |          |  |  | PB (25m pool): 00:32.92 SB: 00:33.18 LOCHRISTI 25/01/2026 |  |
|                                               | 5 0 M    |  |  |                                                           |  |
| PB                                            | 00:33.18 |  |  |                                                           |  |
|                                               | 00:33.18 |  |  |                                                           |  |
|                                               | .....    |  |  |                                                           |  |

Coach feedback:

| Event number: 32: 50M FREESTYLE WOMEN 13+     |          |  |  | Heat:4, starttime: 14:20            |  |
|-----------------------------------------------|----------|--|--|-------------------------------------|--|
| Heat: 4/10 Lane : 2 Athlete: COWIE LORE       |          |  |  | Q-time: 00:33:52                    |  |
| PB (50m pool): 00:36.67 Wachtebeke 12/05/2024 |          |  |  | PB (25m pool): 00:32.12 SB: no time |  |
|                                               | 5 0 M    |  |  |                                     |  |
| PB                                            | 00:36.67 |  |  |                                     |  |
|                                               | 00:36.67 |  |  |                                     |  |
|                                               | .....    |  |  |                                     |  |

Coach feedback:

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| Event number: 32: 50M FREESTYLE WOMEN 13+     |          |  |  | Heat:4, starttime: 14:20            |  |
|-----------------------------------------------|----------|--|--|-------------------------------------|--|
| Heat: 4/10 Lane : 5 Athlete: Taelman Yade     |          |  |  | Q-time: 00:33:00                    |  |
| PB (50m pool): 00:33.00 Wachtebeke 19/01/2025 |          |  |  | PB (25m pool): 00:30.83 SB: no time |  |
|                                               | 50 M     |  |  |                                     |  |
| PB                                            | 00:33.00 |  |  |                                     |  |
|                                               | 00:33.00 |  |  |                                     |  |
|                                               | .....    |  |  |                                     |  |

Coach feedback:

| Event number: 32: 50M FREESTYLE WOMEN 13+     |          |  |  | Heat:5, starttime: 14:21            |  |
|-----------------------------------------------|----------|--|--|-------------------------------------|--|
| Heat: 5/10 Lane : 2 Athlete: Colpaert Julie   |          |  |  | Q-time: 00:32:72                    |  |
| PB (50m pool): 00:32.72 Wachtebeke 19/01/2025 |          |  |  | PB (25m pool): 00:31.43 SB: no time |  |
|                                               | 50 M     |  |  |                                     |  |
| PB                                            | 00:32.72 |  |  |                                     |  |
|                                               | 00:32.72 |  |  |                                     |  |
|                                               | .....    |  |  |                                     |  |

Coach feedback:

| Event number: 34: 200M BREASTSTROKE WOMEN 13+            |          |          |          |          | Heat:1, starttime: 14:43            |  |
|----------------------------------------------------------|----------|----------|----------|----------|-------------------------------------|--|
| Heat: 1/3 Lane : 2 Athlete: Thielemans Maxine            |          |          |          |          | Q-time: 03:28:54                    |  |
| PB (50m pool): 03:28.54 Lago Gent Rozebroeken 04/05/2025 |          |          |          |          | PB (25m pool): 03:06.69 SB: no time |  |
|                                                          | 50 M     | 100 M    | 150 M    | 200 M    |                                     |  |
| PB                                                       | 00:47.25 | 01:40.71 | 02:35.83 | 03:28.54 |                                     |  |
|                                                          | 00:47.25 | 00:53.46 | 00:55.12 | 00:52.71 |                                     |  |
|                                                          | .....    | .....    | .....    | .....    |                                     |  |

Coach feedback:

| Event number: 34: 200M BREASTSTROKE WOMEN 13+   |         |         |         |          | Heat:1, starttime: 14:43            |  |
|-------------------------------------------------|---------|---------|---------|----------|-------------------------------------|--|
| Heat: 1/3 Lane : 6 Athlete: Vanderschaeghe Ella |         |         |         |          | Q-time: 03:24:09                    |  |
| PB (50m pool): 03:36.72 Antwerpen 14/07/2024    |         |         |         |          | PB (25m pool): 03:24.09 SB: no time |  |
|                                                 | 50 M    | 100 M   | 150 M   | 200 M    |                                     |  |
| PB                                              | no time | no time | no time | 03:36.72 |                                     |  |
|                                                 | no time |         |         |          |                                     |  |
|                                                 | .....   | .....   | .....   | .....    |                                     |  |

Coach feedback:

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| Event number: 34: 200M BREASTSTROKE WOMEN 13+              |         |         |         |         | Heat:2, starttime: 14:47 |
|------------------------------------------------------------|---------|---------|---------|---------|--------------------------|
| Heat: 2/3 Lane : 1 Athlete: DE MEY AURORA                  |         |         |         |         | Q-time: 03:10:64         |
| PB (50m pool): no time PB (25m pool): 03:10.64 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: 35: 100M BACKSTROKE MEN 11+                                                              |         |          |  |  | Heat:2, starttime: 14:58 |
|--------------------------------------------------------------------------------------------------------|---------|----------|--|--|--------------------------|
| Heat: 2/8 Lane : 5 Athlete: VANDERSCHAE GHE DAAN                                                       |         |          |  |  | Q-time: 01:33:81         |
| PB (50m pool): 01:33.79 LOCHRISTI 25/01/2026 PB (25m pool): 01:30.63 SB: 01:33.79 LOCHRISTI 25/01/2026 |         |          |  |  |                          |
|                                                                                                        | 5 0 M   | 1 0 0 M  |  |  |                          |
| PB                                                                                                     | no time | 01:33.79 |  |  |                          |
|                                                                                                        | no time |          |  |  |                          |
|                                                                                                        | .....   | .....    |  |  |                          |

Coach feedback:

| Event number: 35: 100M BACKSTROKE MEN 11+                                                              |         |          |  |  | Heat:3, starttime: 15:00 |
|--------------------------------------------------------------------------------------------------------|---------|----------|--|--|--------------------------|
| Heat: 3/8 Lane : 1 Athlete: HAECK RUNE                                                                 |         |          |  |  | Q-time: 01:32:14         |
| PB (50m pool): 01:26.12 LOCHRISTI 25/01/2026 PB (25m pool): 01:21.53 SB: 01:26.12 LOCHRISTI 25/01/2026 |         |          |  |  |                          |
|                                                                                                        | 5 0 M   | 1 0 0 M  |  |  |                          |
| PB                                                                                                     | no time | 01:26.12 |  |  |                          |
|                                                                                                        | no time |          |  |  |                          |
|                                                                                                        | .....   | .....    |  |  |                          |

Coach feedback:

| Event number: 35: 100M BACKSTROKE MEN 11+                                                              |          |          |  |  | Heat:3, starttime: 15:00 |
|--------------------------------------------------------------------------------------------------------|----------|----------|--|--|--------------------------|
| Heat: 3/8 Lane : 3 Athlete: HEYNZE OTIS                                                                |          |          |  |  | Q-time: 01:29:16         |
| PB (50m pool): 01:29.16 Antwerpen 13/07/2025 PB (25m pool): 01:25.82 SB: 01:30.91 LOCHRISTI 25/01/2026 |          |          |  |  |                          |
|                                                                                                        | 5 0 M    | 1 0 0 M  |  |  |                          |
| PB                                                                                                     | 00:43.97 | 01:29.16 |  |  |                          |
|                                                                                                        | 00:43.97 | 00:45.19 |  |  |                          |
|                                                                                                        | .....    | .....    |  |  |                          |

Coach feedback:

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| Event number: 35: 100M BACKSTROKE MEN 11+  |          |          | Heat:3, starttime: 15:00                                  |
|--------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 3/8 Lane : 5 Athlete: HEYNZE LASSE   |          |          | Q-time: 01:27:56                                          |
| PB (50m pool): 01:27.56 Antwerp 02/02/2025 |          |          | PB (25m pool): 01:23.05 SB: 01:29.80 LOCHRISTI 25/01/2026 |
|                                            | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                         | 00:42.79 | 01:27.56 |                                                           |
|                                            | 00:42.79 | 00:44.77 |                                                           |
|                                            | .....    | .....    |                                                           |

Coach feedback:

| Event number: 35: 100M BACKSTROKE MEN 11+       |         |          | Heat:5, starttime: 15:05                                  |
|-------------------------------------------------|---------|----------|-----------------------------------------------------------|
| Heat: 5/8 Lane : 2 Athlete: VAN RAEMDONCK SIEBE |         |          | Q-time: 01:17:76                                          |
| PB (50m pool): 01:16.51 LOCHRISTI 25/01/2026    |         |          | PB (25m pool): 01:14.62 SB: 01:16.51 LOCHRISTI 25/01/2026 |
|                                                 | 5 0 M   | 1 0 0 M  |                                                           |
| PB                                              | no time | 01:16.51 |                                                           |
|                                                 | no time |          |                                                           |
|                                                 | .....   | .....    |                                                           |

Coach feedback:

| Event number: 35: 100M BACKSTROKE MEN 11+    |          |          | Heat:7, starttime: 15:10                              |
|----------------------------------------------|----------|----------|-------------------------------------------------------|
| Heat: 7/8 Lane : 2 Athlete: VAN NEER LOWIEK  |          |          | Q-time: 01:09:97                                      |
| PB (50m pool): 01:09.97 Antwerpen 13/07/2025 |          |          | PB (25m pool): 01:08.75 SB: 01:10.84 Aalst 20/12/2025 |
|                                              | 5 0 M    | 1 0 0 M  |                                                       |
| PB                                           | 00:33.97 | 01:09.97 |                                                       |
|                                              | 00:33.97 | 00:36.00 |                                                       |
|                                              | .....    | .....    |                                                       |

Coach feedback:

| Event number: 36: 100M BACKSTROKE WOMEN 13+  |         |          | Heat:1, starttime: 15:14                                  |
|----------------------------------------------|---------|----------|-----------------------------------------------------------|
| Heat: 1/9 Lane : 5 Athlete: WINDHEY FIEN     |         |          | Q-time: 01:39:39                                          |
| PB (50m pool): 01:32.87 LOCHRISTI 25/01/2026 |         |          | PB (25m pool): 01:31.70 SB: 01:32.87 LOCHRISTI 25/01/2026 |
|                                              | 5 0 M   | 1 0 0 M  |                                                           |
| PB                                           | no time | 01:32.87 |                                                           |
|                                              | no time |          |                                                           |
|                                              | .....   | .....    |                                                           |

Coach feedback:

# PK 50m bad: Session: 4: COACH evaluation sheet for TEAM: SWEM

| Event number: 36: 100M BACKSTROKE WOMEN 13+  |         |          | Heat:2, starttime: 15:17                                  |
|----------------------------------------------|---------|----------|-----------------------------------------------------------|
| Heat: 2/9 Lane : 1 Athlete: AUDENAERT FIEN   |         |          | Q-time: 01:34:60                                          |
| PB (50m pool): 01:38.67 LOCHRISTI 25/01/2026 |         |          | PB (25m pool): 01:34.60 SB: 01:38.67 LOCHRISTI 25/01/2026 |
|                                              | 5 0 M   | 1 0 0 M  |                                                           |
| PB                                           | no time | 01:38.67 |                                                           |
|                                              | no time |          |                                                           |
|                                              | .....   | .....    |                                                           |

Coach feedback:

| Event number: 36: 100M BACKSTROKE WOMEN 13+  |         |          | Heat:2, starttime: 15:17                                  |
|----------------------------------------------|---------|----------|-----------------------------------------------------------|
| Heat: 2/9 Lane : 4 Athlete: DE LETTER LINDE  |         |          | Q-time: 01:25:84                                          |
| PB (50m pool): 01:24.68 LOCHRISTI 25/01/2026 |         |          | PB (25m pool): 01:22.70 SB: 01:24.68 LOCHRISTI 25/01/2026 |
|                                              | 5 0 M   | 1 0 0 M  |                                                           |
| PB                                           | no time | 01:24.68 |                                                           |
|                                              | no time |          |                                                           |
|                                              | .....   | .....    |                                                           |

Coach feedback:

| Event number: 36: 100M BACKSTROKE WOMEN 13+  |         |          | Heat:2, starttime: 15:17                                  |
|----------------------------------------------|---------|----------|-----------------------------------------------------------|
| Heat: 2/9 Lane : 6 Athlete: DE MAEIJER ELENA |         |          | Q-time: 01:27:64                                          |
| PB (50m pool): 01:25.90 LOCHRISTI 25/01/2026 |         |          | PB (25m pool): 01:26.70 SB: 01:25.90 LOCHRISTI 25/01/2026 |
|                                              | 5 0 M   | 1 0 0 M  |                                                           |
| PB                                           | no time | 01:25.90 |                                                           |
|                                              | no time |          |                                                           |
|                                              | .....   | .....    |                                                           |

Coach feedback:

| Event number: 36: 100M BACKSTROKE WOMEN 13+ |          |          | Heat:3, starttime: 15:20                                  |
|---------------------------------------------|----------|----------|-----------------------------------------------------------|
| Heat: 3/9 Lane : 7 Athlete: COLPAERT JULIE  |          |          | Q-time: 01:23:67                                          |
| PB (50m pool): 01:23.67 Antwerp 02/02/2025  |          |          | PB (25m pool): 01:20.90 SB: 01:23.72 LOCHRISTI 25/01/2026 |
|                                             | 5 0 M    | 1 0 0 M  |                                                           |
| PB                                          | 00:41.75 | 01:23.67 |                                                           |
|                                             | 00:41.75 | 00:41.92 |                                                           |
|                                             | .....    | .....    |                                                           |

Coach feedback:

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| Event number: 36: 100M BACKSTROKE WOMEN 13+  |         |          | Heat:3, starttime: 15:20                                  |
|----------------------------------------------|---------|----------|-----------------------------------------------------------|
| Heat: 3/9 Lane : 8 Athlete: COWIE LORE       |         |          | Q-time: 01:25:20                                          |
| PB (50m pool): 01:24.68 LOCHRISTI 25/01/2026 |         |          | PB (25m pool): 01:22.45 SB: 01:24.68 LOCHRISTI 25/01/2026 |
|                                              | 5 0 M   | 1 0 0 M  |                                                           |
| PB                                           | no time | 01:24.68 |                                                           |
|                                              | no time |          |                                                           |
|                                              | .....   | .....    |                                                           |

Coach feedback:

| Event number: 36: 100M BACKSTROKE WOMEN 13+  |         |          | Heat:4, starttime: 15:22                                  |
|----------------------------------------------|---------|----------|-----------------------------------------------------------|
| Heat: 4/9 Lane : 6 Athlete: TAE LMAN YADE    |         |          | Q-time: 01:19:07                                          |
| PB (50m pool): 01:17.21 LOCHRISTI 25/01/2026 |         |          | PB (25m pool): 01:15.02 SB: 01:17.21 LOCHRISTI 25/01/2026 |
|                                              | 5 0 M   | 1 0 0 M  |                                                           |
| PB                                           | no time | 01:17.21 |                                                           |
|                                              | no time |          |                                                           |
|                                              | .....   | .....    |                                                           |

Coach feedback:

| Event number: 37: 200M MEDLEY MEN 13+       |          |          |          | Heat:4, starttime: 15:46            |
|---------------------------------------------|----------|----------|----------|-------------------------------------|
| Heat: 4/6 Lane : 2 Athlete: VAN NEER LOWIEK |          |          |          | Q-time: 02:37:36                    |
| PB (50m pool): 02:37.36 Aalst 28/06/2025    |          |          |          | PB (25m pool): 02:33.41 SB: no time |
|                                             | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M                             |
| PB                                          | 00:33.43 | 01:13.67 | 02:00.92 | 02:37.36                            |
|                                             | 00:33.43 | 00:40.24 | 00:47.25 | 00:36.44                            |
|                                             | .....    | .....    | .....    | .....                               |

Coach feedback: