

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 08:30 untill 09:20. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Smet Elke HEADCOACH

Coaches: Schepers Jérôme

Coaches: Bijloos Annie

PB => Personal Best time

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

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 09:39
Heat: 3/14 Lane : 2 Athlete: BELMANS MARGAUX					Q-time: 03:35:21
PB (50m pool): 03:35.21 Antwerpen 13/07/2025 PB (25m pool): 03:58.30 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:56.00	01:52.87	02:48.10	03:35.21	
	00:56.00	00:56.87	00:55.23	00:47.11	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 09:39
Heat: 3/14 Lane : 6 Athlete: HUYLEBROECK JANNE					Q-time: 03:35:01
PB (50m pool): 03:35.01 Aalst 20/12/2025 PB (25m pool): 03:53.25 SB: 03:35.01 Aalst 20/12/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.36	01:40.36	02:46.86	03:35.01	
	00:47.36	00:53.00	01:06.50	00:48.15	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:4, starttime: 09:43
Heat: 4/14 Lane : 6 Athlete: VANDERSTRAETEN HELENA					Q-time: 03:22:78
PB (50m pool): 03:43.86 Antwerpen 13/07/2025 PB (25m pool): 03:22.78 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:54.45	01:53.34	02:59.42	03:43.86	
	00:54.45	00:58.89	01:06.08	00:44.44	
					

Coach feedback:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:5, starttime: 09:47
Heat: 5/14 Lane : 3 Athlete: HEYLEN ROOS					Q-time: 03:13:28
PB (50m pool): 03:13.28 Antwerpen 13/07/2025					PB (25m pool): 03:20.92 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.02	01:29.64	02:28.65	03:13.28	
	00:40.02	00:49.62	00:59.01	00:44.63	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:9, starttime: 10:02
Heat: 9/14 Lane : 4 Athlete: VANDER MIJNSBRUGGE LORE					Q-time: 02:54:31
PB (50m pool): 02:54.31 Antwerpen 13/07/2025					PB (25m pool): 02:52.46 SB: 02:58.81 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.22	01:23.50	02:17.57	02:54.31	
	00:39.22	00:44.28	00:54.07	00:36.74	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:11, starttime: 10:09
Heat: 11/14 Lane : 1 Athlete: DEN TANDT AMBER					Q-time: 02:49:69
PB (50m pool): 02:59.01 GENK 14/07/2019					PB (25m pool): 02:49.69 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	02:59.01	
	no time				
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:2, starttime: 10:26
Heat: 2/13 Lane : 4 Athlete: REYNIERS WARRE					Q-time: 03:38:54
PB (50m pool): no time					PB (25m pool): 03:38.54 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:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 2: 200M MEDLEY MEN 11+					Heat:5, starttime: 10:38
Heat: 5/13 Lane : 2 Athlete: BOEL ELIAS					Q-time: 03:01:15
PB (50m pool): 03:01.15 Aalst 20/12/2025					PB (25m pool): 03:03.42 SB: 03:01.15 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.07	01:26.16	02:20.04	03:01.15	
	00:41.07	00:45.09	00:53.88	00:41.11	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:7, starttime: 10:45
Heat: 7/13 Lane : 1 Athlete: SCHEPERS RUBEN					Q-time: 02:51:95
PB (50m pool): 03:04.08 Antwerpen 13/07/2025					PB (25m pool): 02:51.95 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.18	01:25.94	02:22.50	03:04.08	
	00:40.18	00:45.76	00:56.56	00:41.58	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:7, starttime: 10:45
Heat: 7/13 Lane : 4 Athlete: MAES JORDY					Q-time: 02:45:45
PB (50m pool): 02:48.49 Antwerp 09/02/2025					PB (25m pool): 02:45.45 SB: 02:49.77 Lochristi 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.57	01:15.28	02:09.90	02:48.49	
	00:34.57	00:40.71	00:54.62	00:38.59	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:8, starttime: 10:49
Heat: 8/13 Lane : 1 Athlete: LUYPAERT EDEN					Q-time: 02:44:74
PB (50m pool): 02:48.81 Antwerpen 13/07/2025					PB (25m pool): 02:44.74 SB: 02:53.41 Lochristi 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.34	01:20.32	02:08.91	02:48.81	
	00:35.34	00:44.98	00:48.59	00:39.90	
					

Coach feedback:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 2: 200M MEDLEY MEN 11+					Heat:8, starttime: 10:49
Heat: 8/13 Lane : 4 Athlete: DE COCK MATZ					Q-time: 02:42:64
PB (50m pool): 02:42.64 Antwerpen 13/07/2025 PB (25m pool): 02:40.32 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.22	01:20.55	02:06.46	02:42.64	
	00:36.22	00:44.33	00:45.91	00:36.18	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:9, starttime: 10:52
Heat: 9/13 Lane : 4 Athlete: BOONE FELIX					Q-time: 02:38:39
PB (50m pool): 02:44.65 Lochristi 01/02/2026 PB (25m pool): 02:38.39 SB: 02:44.65 Lochristi 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:44.65	
	no time				
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:10, starttime: 10:55
Heat: 10/13 Lane : 3 Athlete: POPPE WARRE					Q-time: 02:31:97
PB (50m pool): 02:31.97 Lochristi 01/02/2026 PB (25m pool): 02:29.61 SB: 02:31.97 Lochristi 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:31.97	
	no time				
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:10, starttime: 10:55
Heat: 10/13 Lane : 4 Athlete: VERHULST LENNERT					Q-time: 02:30:94
PB (50m pool): 02:30.94 Charleroi 12/01/2025 PB (25m pool): 02:30.17 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.20	01:11.41	01:55.54	02:30.94	
	00:32.20	00:39.21	00:44.13	00:35.40	
					

Coach feedback:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 2: 200M MEDLEY MEN 11+					Heat:11, starttime: 10:58
Heat: 11/13 Lane : 5 Athlete: VAN DEN BREMT MATHIAS					Q-time: 02:28:48
PB (50m pool): 02:32.54 Gent 08/02/2026					PB (25m pool): 02:28.48 SB: 02:32.54 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.85	01:11.43	01:57.70	02:32.54	
	00:31.85	00:39.58	00:46.27	00:34.84	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:11, starttime: 10:58
Heat: 11/13 Lane : 7 Athlete: VERHULST MEINDERT					Q-time: 02:30:19
PB (50m pool): 02:29.27 Antwerpen 08/03/2026					PB (25m pool): 02:36.94 SB: 02:29.27 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.88	01:12.61	01:54.90	02:29.27	
	00:32.88	00:39.73	00:42.29	00:34.37	
					

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 11+					Heat:2, starttime: 11:27
Heat: 2/2 Lane : 8 Athlete: VERHULST MEINDERT					Q-time: 00:27:69
PB (50m pool): 00:27.53 Antwerpen 08/03/2026					PB (25m pool): 00:27.25 SB: 00:27.53 Antwerpen 08/03/2026
	5 0 M				
PB	00:27.53				
	00:27.53				
					

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+					Heat:1, starttime: 11:28
Heat: 1/5 Lane : 4 Athlete: HEYLEN ROOS					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): no time SB: no time
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 5: 50M BACKSTROKE WOMEN 11+		Heat:3, starttime: 11:32
Heat: 3/5 Lane : 2 Athlete: VANDERSTRAETEN HELENA		Q-time: 00:46:74
PB (50m pool): 00:46.74 Aalst 28/06/2025		PB (25m pool): 00:47.56 SB: no time
	5 0 M	
PB	00:46.74	
	00:46.74	
		

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+		Heat:3, starttime: 11:32
Heat: 3/5 Lane : 5 Athlete: BELMANS MARGAUX		Q-time: 00:43:77
PB (50m pool): no time		PB (25m pool): 00:43.77 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+		Heat:5, starttime: 11:35
Heat: 5/5 Lane : 7 Athlete: VANDER MIJNSBRUGGE LORE		Q-time: 00:35:69
PB (50m pool): 00:35.43 Antwerpen 15/03/2026		PB (25m pool): 00:34.53 SB: 00:35.43 Antwerpen 15/03/2026
	5 0 M	
PB	00:35.43	
	00:35.43	
		

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+		Heat:1, starttime: 11:37
Heat: 1/3 Lane : 3 Athlete: BOEL ELIAS		Q-time: 99:99:99
PB (50m pool): 00:54.09 WACHTEBEKE 15/01/2023		PB (25m pool): 00:41.65 SB: no time
	5 0 M	
PB	00:54.09	
	00:54.09	
		

Coach feedback:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 6: 50M BACKSTROKE MEN 11+				Heat:1, starttime: 11:37	
Heat: 1/3 Lane : 6 Athlete: REYNIERS WARRE				Q-time: 99:99:99	
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: 7: 50M BREASTSTROKE WOMEN 11+				Heat:1, starttime: 11:42	
Heat: 1/2 Lane : 6 Athlete: HUYLEBROECK JANNE				Q-time: 01:02:08	
PB (50m pool): 01:02.08 Aalst 11/05/2025				PB (25m pool): no time SB: no time	
	5 0 M				
PB	01:02.08				
	01:02.08				
					

Coach feedback:

Event number: 8: 50M BREASTSTROKE MEN 11+							Heat:1, starttime: 11:45		
Heat: 1/4 Lane : 3 Athlete: SCHEPERS RUBEN							Q-time: 99:99:99		
PB (50m pool): 01:00.76 Aalst 30/04/2023							PB (25m pool): 00:51.33SB: no time		
	5 0 M								
PB	01:00.76								
	01:00.76								
									

Coach feedback:

Event number: 8: 50M BREASTSTROKE MEN 11+				Heat:2, starttime: 11:46			
Heat: 2/4 Lane : 4 Athlete: MAES JORDY				Q-time: 00:45:71			
PB (50m pool): 00:45.71 Lochristi 01/02/2026				PB (25m pool): 00:46.44SB: 00:45.71 Lochristi 01/02/2026			
	5 0 M						
PB	00:45.71						
	00:45.71						
							

Coach feedback:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 8: 50M BREASTSTROKE MEN 11+		Heat:2, starttime: 11:46
Heat: 2/4 Lane : 8 Athlete: BOONE FELIX		Q-time: 99:99:99
PB (50m pool): 00:48.66 Aalst 30/04/2023		PB (25m pool): 00:43.10 SB: no time
	5 0 M	
PB	00:48.66	
	00:48.66	
		

Coach feedback:

Event number: 8: 50M BREASTSTROKE MEN 11+		Heat:3, starttime: 11:48
Heat: 3/4 Lane : 3 Athlete: LUYPAERT EDEN		Q-time: 00:41:53
PB (50m pool): 00:37.33 Antwerpen 15/03/2026		PB (25m pool): 00:39.50 SB: 00:37.33 Antwerpen 15/03/2026
	5 0 M	
PB	00:37.33	
	00:37.33	
		

Coach feedback:

Event number: 8: 50M BREASTSTROKE MEN 11+		Heat:4, starttime: 11:49
Heat: 4/4 Lane : 1 Athlete: DE COCK MATZ		Q-time: 00:37:20
PB (50m pool): 00:37.20 Lochristi 01/02/2026		PB (25m pool): 00:37.86 SB: 00:37.20 Lochristi 01/02/2026
	5 0 M	
PB	00:37.20	
	00:37.20	
		

Coach feedback:

Event number: 8: 50M BREASTSTROKE MEN 11+		Heat:4, starttime: 11:49
Heat: 4/4 Lane : 4 Athlete: VERHULST LENNERT		Q-time: 00:30:19
PB (50m pool): 00:31.33 Antwerpen 22/03/2026		PB (25m pool): 00:30.19 SB: 00:31.33 Antwerpen 22/03/2026
	5 0 M	
PB	00:31.33	
	00:31.33	
		

Coach feedback:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 9: 50M BUTTERFLY WOMEN 11+						Heat:6, starttime: 11:57	
Heat: 6/7 Lane : 3 Athlete: DEN TANDT AMBER						Q-time: 00:33:90	
PB (50m pool): 00:33.90 Antwerp 02/02/2025						PB (25m pool): 00:34.01 SB: 00:34.15 Lochristi 01/02/2026	
	5 0 M						
PB	00:33.90						
	00:33.90						
							

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+					Heat:4, starttime: 12:04				
Heat: 4/5 Lane : 1 Athlete: POPPE WARRE					Q-time: 00:32:56				
PB (50m pool): 00:44.46 Antwerpen 05/02/2023					PB (25m pool): 00:32.56 SB: no time				
	5 0 M								
PB	00:44.46								
	00:44.46								
									

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+						Heat:5, starttime: 12:05	
Heat: 5/5 Lane : 8 Athlete: VAN DEN BREMT MATHIAS						Q-time: 00:29:68	
PB (50m pool): 00:32.51 Aalst 11/05/2025						PB (25m pool): 00:29.68 SB: no time	
	5 0 M						
PB	00:32.51						
	00:32.51						
							

Coach feedback: