

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

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

PB => Personal Best time

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

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:1, starttime: 09:30
Heat: 1/14 Lane : 2 Athlete: VAN GEERT MARTHE					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time 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: 1: 200M MEDLEY WOMEN 11+					Heat:4, starttime: 09:43
Heat: 4/14 Lane : 2 Athlete: CEULEMANS AMINA					Q-time: 03:23:71
PB (50m pool): 03:23.71 Antwerpen 13/07/2025 PB (25m pool): 03:17.34 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.70	01:42.28	02:37.76	03:23.71	
	00:46.70	00:55.58	00:55.48	00:45.95	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:7, starttime: 09:55
Heat: 7/14 Lane : 4 Athlete: VAN HAUWERMEIREN EMMA					Q-time: 03:01:49
PB (50m pool): 03:01.49 Antwerpen 13/07/2025 PB (25m pool): 03:00.65 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.73	01:25.83	02:18.99	03:01.49	
	00:39.73	00:46.10	00:53.16	00:42.50	
					

Coach feedback:

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

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:8, starttime: 09:58
Heat: 8/14 Lane : 7 Athlete: VAN BIESEN ELLA					Q-time: 02:59:95
PB (50m pool): 02:59.95 Antwerpen 13/07/2025 PB (25m pool): 02:54.33 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.71	01:28.88	02:19.93	02:59.95	
	00:41.71	00:47.17	00:51.05	00:40.02	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:10, starttime: 10:05
Heat: 10/14 Lane : 8 Athlete: VANDEN BERGHE YANA					Q-time: 02:53:49
PB (50m pool): no time PB (25m pool): 02:53.49 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: 2: 200M MEDLEY MEN 11+					Heat:1, starttime: 10:22
Heat: 1/13 Lane : 5 Athlete: CLEYNENS STAF					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time 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: 2: 200M MEDLEY MEN 11+					Heat:2, starttime: 10:26
Heat: 2/13 Lane : 3 Athlete: GANSEMAN JACK					Q-time: 03:49:85
PB (50m pool): no time PB (25m pool): 03:49.85 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: DZO

Event number: 2: 200M MEDLEY MEN 11+					Heat:10, starttime: 10:55
Heat: 10/13 Lane : 1 Athlete: VAN DEN ABEELE TOON					Q-time: 02:36:96
PB (50m pool): 03:07.34 Zwembad Brigitte Becue Oostend 10/05/2025 PB (25m pool): 02:36.96 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	03:07.34	
	no time				
					

Coach feedback:

Event number: 3: 50M FREESTYLE WOMEN 11+					Heat:2, starttime: 11:24
Heat: 2/2 Lane : 8 Athlete: CEULEMANS AMINA					Q-time: 00:36:13
PB (50m pool): 00:36.13 LOCHRISTI 25/01/2026 PB (25m pool): 00:37.79 SB: 00:36.13 LOCHRISTI 25/01/2026					
	5 0 M				
PB	00:36.13				
	00:36.13				
					

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+					Heat:3, starttime: 11:32
Heat: 3/5 Lane : 3 Athlete: VAN GEERT MARTHE					Q-time: 00:44:73
PB (50m pool): no time PB (25m pool): 00:44.73 SB: no time					
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+					Heat:2, starttime: 11:39
Heat: 2/3 Lane : 1 Athlete: GANSEMAN JACK					Q-time: 00:45:19
PB (50m pool): no time PB (25m pool): 00:45.19 SB: no time					
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

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

Event number: 7: 50M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 11:42
Heat: 1/2 Lane : 4 Athlete: VAN HAUWERMEIREN EMMA			Q-time: 00:43:27
PB (50m pool): 00:42.82 Antwerpen 15/03/2026			PB (25m pool): 00:42.73 SB: 00:42.82 Antwerpen 15/03/2026
	5 0 M		
PB	00:42.82		
	00:42.82		
			

Coach feedback:

Event number: 8: 50M BREASTSTROKE MEN 11+			Heat:2, starttime: 11:46
Heat: 2/4 Lane : 3 Athlete: CLEYNENS STAF			Q-time: 00:52:87
PB (50m pool): no time			PB (25m pool): 00:50.96 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 8: 50M BREASTSTROKE MEN 11+			Heat:3, starttime: 11:48
Heat: 3/4 Lane : 5 Athlete: VAN DEN ABBEELE TOON			Q-time: 00:40:39
PB (50m pool): 00:42.10 Antwerpen 14/07/2024			PB (25m pool): 00:38.33 SB: no time
	5 0 M		
PB	00:42.10		
	00:42.10		
			

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 11:55
Heat: 4/7 Lane : 4 Athlete: VAN BIESEN ELLA			Q-time: 00:36:54
PB (50m pool): 00:36.42 Antwerpen 15/03/2026			PB (25m pool): 00:36.54 SB: 00:36.42 Antwerpen 15/03/2026
	5 0 M		
PB	00:36.42		
	00:36.42		
			

Coach feedback:

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

Event number: 9: 50M BUTTERFLY WOMEN 11+		Heat:5, starttime: 11:56
Heat: 5/7 Lane : 7 Athlete: VANDEN BERGHE YANA		Q-time: 00:35:59
PB (50m pool): 00:39.78 Aalst 11/05/2025 PB (25m pool): 00:35.59 SB: no time		
	5 0 M	
PB	00:39.78	
	00:39.78	
		

Coach feedback: