

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

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

Coaches: De Noble Naomi

Coaches: Cools Sandra HEADCOACH

Coaches: Mathys Jana

Coaches: De Noble Chloë

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 : 3 Athlete: HAMID ROYAH					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:2, starttime: 09:35
Heat: 2/14 Lane : 1 Athlete: GERRITSEN VESPER					Q-time: 99:99:99
PB (50m pool): 03:19.84 Lago Rozebroeken Gent 05/03/2023 PB (25m pool): 03:09.18 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	03:19.84	
	no time				
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:4, starttime: 09:43
Heat: 4/14 Lane : 8 Athlete: BEKAERT SOPHIA					Q-time: 03:26:42
PB (50m pool): 03:26.42 Gent 08/02/2026 PB (25m pool): 03:23.05 SB: 03:26.42 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.37	01:40.78	02:42.30	03:26.42	
	00:45.37	00:55.41	01:01.52	00:44.12	
					

Coach feedback:

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

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 09:51
Heat: 6/14 Lane : 4 Athlete: DE WEVER LAURA					Q-time: 03:04:46
PB (50m pool): 03:03.45 Antwerpen 16/07/2023					PB (25m pool): 02:58.42 SB: 03:04.46 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:03.45	
	no time				
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 09:51
Heat: 6/14 Lane : 6 Athlete: RUTTEN LEONIE					Q-time: 03:08:14
PB (50m pool): 03:08.14 Antwerpen 13/07/2025					PB (25m pool): 03:10.03 SB: 03:11.06 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.08	01:33.42	02:27.42	03:08.14	
	00:46.08	00:47.34	00:54.00	00:40.72	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:7, starttime: 09:55
Heat: 7/14 Lane : 6 Athlete: VAN BRABANDT MILA					Q-time: 03:01:77
PB (50m pool): 03:01.77 Aalst 11/05/2025					PB (25m pool): 02:54.87 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.46	01:27.44	02:20.59	03:01.77	
	00:38.46	00:48.98	00:53.15	00:41.18	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:7, starttime: 09:55
Heat: 7/14 Lane : 7 Athlete: NGABO ANNABELLE					Q-time: 03:03:80
PB (50m pool): 03:03.80 Gent 08/02/2026					PB (25m pool): 03:08.98 SB: 03:03.80 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.66	01:27.94	02:22.32	03:03.80	
	00:40.66	00:47.28	00:54.38	00:41.48	
					

Coach feedback:

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

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:8, starttime: 09:58
Heat: 8/14 Lane : 1 Athlete: DE GRIEVE ONA					Q-time: 03:00:28
PB (50m pool): 02:56.35 Antwerpen 14/07/2024					PB (25m pool): 03:13.08 SB: 03:00.28 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:56.35	
	no time				
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:8, starttime: 09:58
Heat: 8/14 Lane : 2 Athlete: VANCAYZEELE MARGAUX					Q-time: 02:59:23
PB (50m pool): 02:59.23 Gent 08/02/2026					PB (25m pool): 03:10.08 SB: 02:59.23 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.41	01:26.18	02:15.75	02:59.23	
	00:39.41	00:46.77	00:49.57	00:43.48	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:9, starttime: 10:02
Heat: 9/14 Lane : 7 Athlete: DEGRANDE AN					Q-time: 02:55:45
PB (50m pool): 02:55.45 Gent 08/02/2026					PB (25m pool): 02:51.71 SB: 02:55.45 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.86	01:21.75	02:15.93	02:55.45	
	00:37.86	00:43.89	00:54.18	00:39.52	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:10, starttime: 10:05
Heat: 10/14 Lane : 1 Athlete: HANSELAER ARIANE					Q-time: 02:52:06
PB (50m pool): 02:49.28 Antwerpen 14/07/2024					PB (25m pool): 02:46.32 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	02:49.28	
	no time				
					

Coach feedback:

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

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:10, starttime: 10:05
Heat: 10/14 Lane : 7 Athlete: NEIRINCK ANNELIES					Q-time: 02:51:59
PB (50m pool): 02:48.95 Antwerpen 14/07/2024					PB (25m pool): 02:45.76 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	02:48.95	
	no time				
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:2, starttime: 10:26
Heat: 2/13 Lane : 5 Athlete: VAN KERKHOVE JORICK					Q-time: 03:39:19
PB (50m pool): 03:39.19 Gent 08/02/2026					PB (25m pool): 03:47.84 SB: 03:39.19 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:56.24	01:49.82	02:52.71	03:39.19	
	00:56.24	00:53.58	01:02.89	00:46.48	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:4, starttime: 10:35
Heat: 4/13 Lane : 1 Athlete: DE CRAENE THIBE					Q-time: 03:07:75
PB (50m pool): 03:07.75 Gent 08/02/2026					PB (25m pool): 03:03.76 SB: 03:07.75 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.21	01:31.36	02:26.53	03:07.75	
	00:43.21	00:48.15	00:55.17	00:41.22	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:4, starttime: 10:35
Heat: 4/13 Lane : 4 Athlete: MINNOYE TIEBE					Q-time: 03:02:39
PB (50m pool): 03:01.33 Antwerpen 14/07/2024					PB (25m pool): 02:54.34 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	03:01.33	
	no time				
					

Coach feedback:

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

Event number: 2: 200M MEDLEY MEN 11+					Heat:5, starttime: 10:38
Heat: 5/13 Lane : 5 Athlete: DE PAUW JULES					Q-time: 02:58:32
PB (50m pool): no time PB (25m pool): 02:58.32 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:6, starttime: 10:42
Heat: 6/13 Lane : 2 Athlete: CASTEUR NICOLAS					Q-time: 02:54:82
PB (50m pool): 02:54.82 Gent 08/02/2026 PB (25m pool): no time SB: 02:54.82 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.29	01:24.10	02:17.32	02:54.82	
	00:40.29	00:43.81	00:53.22	00:37.50	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:6, starttime: 10:42
Heat: 6/13 Lane : 7 Athlete: GERRITSEN BRUNO					Q-time: 02:54:95
PB (50m pool): 02:54.95 Gent 08/02/2026 PB (25m pool): 03:02.98 SB: 02:54.95 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.30	01:26.61	02:13.99	02:54.95	
	00:41.30	00:45.31	00:47.38	00:40.96	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:7, starttime: 10:45
Heat: 7/13 Lane : 2 Athlete: EL GHAZALI ADAM					Q-time: 02:51:04
PB (50m pool): 02:51.04 Gent 08/02/2026 PB (25m pool): 02:44.14 SB: 02:51.04 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.85	01:19.81	02:14.39	02:51.04	
	00:36.85	00:42.96	00:54.58	00:36.65	
					

Coach feedback:

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

Event number: 2: 200M MEDLEY MEN 11+					Heat:7, starttime: 10:45
Heat: 7/13 Lane : 8 Athlete: DE CHAMPS LOÏC					Q-time: 02:52:13
PB (50m pool): 02:52.13 Gent 08/02/2026					PB (25m pool): 02:54.66 SB: 02:52.13 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.95	01:20.88	02:12.36	02:52.13	
	00:36.95	00:43.93	00:51.48	00:39.77	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:8, starttime: 10:49
Heat: 8/13 Lane : 5 Athlete: DE CRAENE MATTHIS					Q-time: 02:42:66
PB (50m pool): 02:36.49 Antwerpen 14/07/2024					PB (25m pool): 02:28.11 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	02:36.49	
	no time				
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:9, starttime: 10:52
Heat: 9/13 Lane : 6 Athlete: DEGRANDE LARS					Q-time: 02:40:51
PB (50m pool): 02:40.51 Aalst 11/05/2025					PB (25m pool): 02:34.25 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.32	01:19.26	02:06.86	02:40.51	
	00:35.32	00:43.94	00:47.60	00:33.65	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:10, starttime: 10:55
Heat: 10/13 Lane : 7 Athlete: CASTEUR ALEXANDER					Q-time: 02:35:84
PB (50m pool): 02:35.84 Antwerpen 13/07/2025					PB (25m pool): 02:30.62 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.65	01:13.33	01:58.26	02:35.84	
	00:31.65	00:41.68	00:44.93	00:37.58	
					

Coach feedback:

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

Event number: 2: 200M MEDLEY MEN 11+					Heat:10, starttime: 10:55
Heat: 10/13 Lane : 8 Athlete: TIMMERMANS JULES					Q-time: 02:37:46
PB (50m pool): 02:48.72 WACHTEBEKE 15/01/2023 PB (25m pool): 02:37.14 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	02:48.72	
	no time				
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:11, starttime: 10:58
Heat: 11/13 Lane : 1 Athlete: SLOS ROBBIE					Q-time: 02:30:45
PB (50m pool): 02:30.45 Gent 08/02/2026 PB (25m pool): 02:23.71 SB: 02:30.45 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.38	01:12.47	01:55.04	02:30.45	
	00:32.38	00:40.09	00:42.57	00:35.41	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:12, starttime: 11:01
Heat: 12/13 Lane : 8 Athlete: VANCAYZEELE THIBAU					Q-time: 02:27:68
PB (50m pool): 02:44.15 Gent (Rozebroeken) 03/03/2024 PB (25m pool): 02:27.68 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	02:44.15	
	no time				
					

Coach feedback:

Event number: 3: 50M FREESTYLE WOMEN 11+					Heat:2, starttime: 11:24
Heat: 2/2 Lane : 6 Athlete: NEIRINCK ANNELIES					Q-time: 00:31:72
PB (50m pool): 00:31.72 Olympic Pool Wezenberg, Antwer 30/03/2024 PB (25m pool): 00:31.39 SB: no time					
	5 0 M				
PB	00:31.72				
	00:31.72				
					

Coach feedback:

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

Event number: 4: 50M FREESTYLE MEN 11+		Heat:1, starttime: 11:26
Heat: 1/2 Lane : 3 Athlete: DE PAUW JULES		Q-time: 00:30:24
PB (50m pool): no time		PB (25m pool): 00:30.24 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 11+		Heat:1, starttime: 11:26
Heat: 1/2 Lane : 6 Athlete: GERRITSEN BRUNO		Q-time: 00:30:52
PB (50m pool): 00:30.52 Antwerpen 13/07/2025		PB (25m pool): 00:30.45 SB: 00:31.16 Gent 08/02/2026
	5 0 M	
PB	00:30.52	
	00:30.52	
		

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 11+		Heat:2, starttime: 11:27
Heat: 2/2 Lane : 2 Athlete: VANCAYZEELE THIBAU		Q-time: 00:26:39
PB (50m pool): 00:26.39 Antwerpen 13/07/2025		PB (25m pool): 00:26.13 SB: 00:26.45 Gent 08/02/2026
	5 0 M	
PB	00:26.39	
	00:26.39	
		

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+		Heat:3, starttime: 11:32
Heat: 3/5 Lane : 4 Athlete: GERRITSEN VESPER		Q-time: 00:43:09
PB (50m pool): 00:42.57 Gent (Rozebroeken) 03/03/2024		PB (25m pool): 00:41.68 SB: 00:43.58 Gent 08/02/2026
	5 0 M	
PB	00:42.57	
	00:42.57	
		

Coach feedback:

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

Event number: 5: 50M BACKSTROKE WOMEN 11+										Heat:4, starttime: 11:33	
Heat: 4/5 Lane : 3 Athlete: VAN BRABANDT MILA										Q-time: 00:38:85	
PB (50m pool): 00:37.68 Antwerpen 15/03/2026										PB (25m pool): 00:39.20SB: 00:37.68 Antwerpen 15/03/2026	
	5 0 M										
PB	00:37.68										
	00:37.68										
											

Coach feedback:

Event number: 8: 50M BREASTSTROKE MEN 11+										Heat:4, starttime: 11:49																				
Heat: 4/4 Lane : 3 Athlete: CASTEUR ALEXANDER																				Q-time: 00:35:57										
PB (50m pool): 00:34.85 Antwerpen 15/03/2026										PB (25m pool): 00:34.19SB: 00:34.85 Antwerpen 15/03/2026																				
	5 0 M																													
PB	00:34.85																													
	00:34.85																													
																														

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+										Heat:2, starttime: 11:52	
Heat: 2/7 Lane : 3 Athlete: HAMID ROYAH										Q-time: 00:46:41	
PB (50m pool): no time										PB (25m pool): 00:46.41 SB: no time	
	5 0 M										
PB	no time										
	no time										
											

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+										Heat:3, starttime: 11:53																				
Heat: 3/7 Lane : 1 Athlete: BEKAERT SOPHIA																				Q-time: 00:42:49										
PB (50m pool): 00:42.49 Gent 08/02/2026										PB (25m pool): 00:43.67 SB: 00:42.49 Gent 08/02/2026																				
	5 0 M																													
PB	00:42.49																													
	00:42.49																													
																														

Coach feedback:

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

Event number: 9: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 11:53
Heat: 3/7 Lane : 8 Athlete: RUTTEN LEONIE			Q-time: 00:42:65
PB (50m pool): 00:42.65 Gent 08/02/2026			PB (25m pool): 00:43.56 SB: 00:42.65 Gent 08/02/2026
	5 0 M		
PB	00:42.65		
	00:42.65		
			

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 11:55
Heat: 4/7 Lane : 2 Athlete: VANCAYZEELE MARGAUX			Q-time: 00:37:47
PB (50m pool): 00:36.44 Antwerpen 15/03/2026			PB (25m pool): 00:38.84 SB: 00:36.44 Antwerpen 15/03/2026
	5 0 M		
PB	00:36.44		
	00:36.44		
			

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 11:55
Heat: 4/7 Lane : 3 Athlete: DEGRANDE AN			Q-time: 00:36:92
PB (50m pool): 00:36.77 Antwerpen 15/03/2026			PB (25m pool): 00:36.06 SB: 00:36.77 Antwerpen 15/03/2026
	5 0 M		
PB	00:36.77		
	00:36.77		
			

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 11:55
Heat: 4/7 Lane : 7 Athlete: DE GRIEVE ONA			Q-time: 00:37:73
PB (50m pool): 00:37.73 Gent 08/02/2026			PB (25m pool): 00:39.31 SB: 00:37.73 Gent 08/02/2026
	5 0 M		
PB	00:37.73		
	00:37.73		
			

Coach feedback:

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

Event number: 9: 50M BUTTERFLY WOMEN 11+							Heat:4, starttime: 11:55		
Heat: 4/7 Lane : 8 Athlete: NGABO ANNABELLE							Q-time: 00:39:09		
PB (50m pool): 00:34.64 Antwerpen 15/03/2026							PB (25m pool): 00:39.58SB: 00:34.64 Antwerpen 15/03/2026		
	5 0 M								
PB	00:34.64								
	00:34.64								
									

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+							Heat:5, starttime: 11:56		
Heat: 5/7 Lane : 8 Athlete: DE WEVER LAURA							Q-time: 00:36:46		
PB (50m pool): 00:36.46 Gent 08/02/2026							PB (25m pool): 00:37.65SB: 00:36.46 Gent 08/02/2026		
	5 0 M								
PB	00:36.46								
	00:36.46								
									

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+							Heat:6, starttime: 11:57	
Heat: 6/7 Lane : 6 Athlete: HANSELAER ARIANE							Q-time: 00:34:05	
PB (50m pool): 00:33.83 Aalst 28/04/2024							PB (25m pool): 00:32.98SB: 00:34.87 Gent 08/02/2026	
	5 0 M							
PB	00:33.83							
	00:33.83							
								

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+				Heat:1, starttime: 12:00	
Heat: 1/5 Lane : 4 Athlete: VAN KERKHOVE JORICK				Q-time: 00:58:28	
PB (50m pool): no time		PB (25m pool): 00:58.28SB: no time			
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

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

Event number: 10: 50M BUTTERFLY MEN 11+							Heat:2, starttime: 12:01	
Heat: 2/5 Lane : 2 Athlete: DE CRAENE THIBE							Q-time: 00:39:50	
PB (50m pool): 00:39.50 Gent 08/02/2026							PB (25m pool): 00:38.51SB: 00:39.50 Gent 08/02/2026	
	5 0 M							
PB	00:39.50							
	00:39.50							
								

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+										Heat:2, starttime: 12:01																			
Heat: 2/5 Lane : 4 Athlete: MINNOYE TIEBE																				Q-time: 00:37:24									
PB (50m pool): 00:37.24 Gent 08/02/2026										PB (25m pool): 00:36.90SB: 00:37.24 Gent 08/02/2026																			
		5 0 M																											
PB		00:37.24																											
		00:37.24																											
																													

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+										Heat:3, starttime: 12:02																																							
Heat: 3/5																				Lane : 5										Athlete: CASTEUR NICOLAS										Q-time: 00:34:91									
PB (50m pool): 00:34.73										Antwerpen 15/03/2026										PB (25m pool): 00:37.05										SB: 00:34.73										Antwerpen 15/03/2026									
		5 0 M																																															
PB		00:34.73																																															
		00:34.73																																															
																																																	

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+										Heat:3, starttime: 12:02																													
Heat: 3/5																				Lane : 6					Athlete: DE CHAMPS LOïc										Q-time: 00:35:44				
PB (50m pool): 00:35.44										Gent 08/02/2026										PB (25m pool): 00:34.96										SB: 00:35.44					Gent 08/02/2026				
		5 0 M																																					
PB		00:35.44																																					
		00:35.44																																					
																																							

Coach feedback:

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

Event number: 10: 50M BUTTERFLY MEN 11+										Heat:4, starttime: 12:04	
Heat: 4/5 Lane : 2 Athlete: DE CRAENE MATTHIS										Q-time: 00:30:67	
PB (50m pool): 00:30.09 Antwerpen 15/03/2026					PB (25m pool): 00:31.44SB: 00:30.09 Antwerpen 15/03/2026						
	5 0 M										
PB	00:30.09										
	00:30.09										
											

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+										Heat:4, starttime: 12:04																																							
Heat: 4/5																				Lane : 6										Athlete: DEGRANDE LARS										Q-time: 00:30:64									
PB (50m pool): 00:30.64										Gent 08/02/2026										PB (25m pool): 00:30.92										SB: 00:30.64										Gent 08/02/2026									
		5 0 M																																															
PB		00:30.64																																															
		00:30.64																																															
																																																	

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+										Heat:4, starttime: 12:04																																							
Heat: 4/5																				Lane : 7										Athlete: EL GHAZALI ADAM										Q-time: 00:31:70									
PB (50m pool): 00:31.68										Antwerpen 15/03/2026										PB (25m pool): 00:31.85										SB: 00:31.68										Antwerpen 15/03/2026									
		5 0 M																																															
PB		00:31.68																																															
		00:31.68																																															
																																																	

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+				Heat:4, starttime: 12:04	
Heat: 4/5 Lane : 8 Athlete: SLOS ROBBIE				Q-time: 00:33:15	
PB (50m pool): 00:30.77 Antwerpen 14/07/2024				PB (25m pool): 00:30.36SB: no time	
	5 0 M				
PB	00:30.77				
	00:30.77				
					

Coach feedback:

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

Event number: 10: 50M BUTTERFLY MEN 11+										Heat:5, starttime: 12:05																				
Heat: 5/5 Lane : 2 Athlete: TIMMERMANS JULES																				Q-time: 00:29:44										
PB (50m pool): 00:29.23 Antwerpen 28/07/2024										PB (25m pool): 00:28.72 SB: 00:29.75 Antwerpen 15/03/2026																				
	5 0 M																													
PB	00:29.23																													
	00:29.23																													
																														

Coach feedback: