

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

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

Coaches: Van Goethem Niels HEADCOACH

Coaches: Penneman Arne

Coaches: Jacob Maarten

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 : 7 Athlete: VANDECASTEELE MARTHE					Q-time: 03:37:32
PB (50m pool): no time PB (25m pool): 03:37.32 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: 1: 200M MEDLEY WOMEN 11+					Heat:4, starttime: 09:43
Heat: 4/14 Lane : 4 Athlete: DHONDT LINE					Q-time: 03:18:54
PB (50m pool): no time PB (25m pool): 03:18.54 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:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 09:51
Heat: 6/14 Lane : 5 Athlete: LEFEBRE ELENA					Q-time: 03:05:54
PB (50m pool): no time PB (25m pool): 03:05.54 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:

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Event number: 1: 200M MEDLEY WOMEN 11+					Heat:7, starttime: 09:55
Heat: 7/14 Lane : 8 Athlete: SCHEERS JASMIJN					Q-time: 03:04:28
PB (50m pool): no time PB (25m pool): 03:04.28 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:8, starttime: 09:58
Heat: 8/14 Lane : 3 Athlete: VERHOFSTEDE LENA					Q-time: 02:58:50
PB (50m pool): 02:58.50 Lochristi 01/02/2026 PB (25m pool): 02:47.80 SB: 02:58.50 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	02:58.50	
	no time				
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:11, starttime: 10:09
Heat: 11/14 Lane : 4 Athlete: HOTTINGER NYAH					Q-time: 02:44:75
PB (50m pool): 02:44.75 Lochristi 01/02/2026 PB (25m pool): 02:42.52 SB: 02:44.75 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	02:44.75	
	no time				
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:11, starttime: 10:09
Heat: 11/14 Lane : 6 Athlete: THIELMAN PAULIEN					Q-time: 02:47:32
PB (50m pool): 02:47.32 Aalst 11/05/2025 PB (25m pool): 02:43.51 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.06	01:17.47	02:09.48	02:47.32	
	00:35.06	00:42.41	00:52.01	00:37.84	
					

Coach feedback:

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Event number: 1: 200M MEDLEY WOMEN 11+					Heat:11, starttime: 10:09
Heat: 11/14 Lane : 8 Athlete: DE WITTE FIEN					Q-time: 02:49:90
PB (50m pool): 02:49.90 Lochristi 01/02/2026					PB (25m pool): 02:46.69 SB: 02:49.90 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	02:49.90	
	no time				
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:5, starttime: 10:38
Heat: 5/13 Lane : 7 Athlete: ROGEMAN VINCENT					Q-time: 03:01:70
PB (50m pool): no time					PB (25m pool): 03:01.70 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 : 5 Athlete: VAN OEVELEN NOAH					Q-time: 02:53:71
PB (50m pool): no time					PB (25m pool): 02:53.71 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:7, starttime: 10:45
Heat: 7/13 Lane : 3 Athlete: LARHDIR RAYAN					Q-time: 02:48:87
PB (50m pool): no time					PB (25m pool): 02:48.87 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:

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Event number: 2: 200M MEDLEY MEN 11+					Heat:9, starttime: 10:52
Heat: 9/13 Lane : 8 Athlete: VAN DAELE GILLES					Q-time: 02:42:20
PB (50m pool): no time PB (25m pool): 02:42.20 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:11, starttime: 10:58
Heat: 11/13 Lane : 4 Athlete: DE RYCK SEPPE					Q-time: 02:28:34
PB (50m pool): 02:28.34 Aalst 11/05/2025 PB (25m pool): 02:20.10 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.58	01:08.86	01:55.16	02:28.34	
	00:31.58	00:37.28	00:46.30	00:33.18	
					

Coach feedback:

Event number: 3: 50M FREESTYLE WOMEN 11+					Heat:1, starttime: 11:23
Heat: 1/2 Lane : 4 Athlete: VANDECASTEELE MARTHE					Q-time: 00:38:21
PB (50m pool): 00:38.21 LOCHRISTI 25/01/2026 PB (25m pool): 00:39.90 SB: 00:38.21 LOCHRISTI 25/01/2026					
	5 0 M				
PB	00:38.21				
	00:38.21				
					

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 11+					Heat:1, starttime: 11:26
Heat: 1/2 Lane : 1 Athlete: ROGGMAN VINCENT					Q-time: 00:34:99
PB (50m pool): 00:34.99 Aalst 11/05/2025 PB (25m pool): 00:31.95 SB: no time					
	5 0 M				
PB	00:34.99				
	00:34.99				
					

Coach feedback:

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Event number: 5: 50M BACKSTROKE WOMEN 11+							Heat:4, starttime: 11:33		
Heat: 4/5 Lane : 2 Athlete: VERHOFSTEDE LENA							Q-time: 00:39:25		
PB (50m pool): 00:39.25 Lochristi 01/02/2026							PB (25m pool): 00:36.86SB: 00:39.25 Lochristi 01/02/2026		
	5 0 M								
PB	00:39.25								
	00:39.25								
									

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+							Heat:3, starttime: 11:40		
Heat: 3/3 Lane : 1 Athlete: VAN OEVELEN NOAH							Q-time: 00:35:77		
PB (50m pool): 00:35.77 Lochristi 01/02/2026							PB (25m pool): 00:34.37 SB: 00:35.77 Lochristi 01/02/2026		
	5 0 M								
PB	00:35.77								
	00:35.77								
									

Coach feedback:

Event number: 7: 50M BREASTSTROKE WOMEN 11+				Heat:2, starttime: 11:43	
Heat: 2/2 Lane : 1 Athlete: THIELMAN PAULIEN				Q-time: 00:40:31	
PB (50m pool): no time				PB (25m pool): 00:40.31 SB: no time	
	5 0 M				
PB	no time				
	<i>no time</i>				
					

Coach feedback:

Event number: 8: 50M BREASTSTROKE MEN 11+				Heat:3, starttime: 11:48	
Heat: 3/4 Lane : 4 Athlete: VAN DAELE GILLES				Q-time: 00:40:06	
PB (50m pool): no time				PB (25m pool): 00:40.29 SB: no time	
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

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Event number: 8: 50M BREASTSTROKE MEN 11+							Heat:4, starttime: 11:49		
Heat: 4/4 Lane : 2 Athlete: LARHDIR RAYAN							Q-time: 00:36:44		
PB (50m pool): 00:36.44 Lochristi 01/02/2026							PB (25m pool): 00:36.17 SB: 00:36.44 Lochristi 01/02/2026		
	5 0 M								
PB	00:36.44								
	00:36.44								
									

Coach feedback:

Event number: 8: 50M BREASTSTROKE MEN 11+							Heat:4, starttime: 11:49	
Heat: 4/4 Lane : 7 Athlete: DE RYCK SEPPE							Q-time: 00:36:82	
PB (50m pool): 00:35.87 Antwerpen 15/03/2026							PB (25m pool): 00:36.82 SB: 00:35.87 Antwerpen 15/03/2026	
	5 0 M							
PB	00:35.87							
	00:35.87							
								

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+										Heat:2, starttime: 11:52																				
Heat: 2/7 Lane : 2 Athlete: DHONDT LINE																				Q-time: 00:47:38										
PB (50m pool): 00:47.38 Aalst 11/05/2025																				PB (25m pool): 00:42.46SB: no time										
	5 0 M																													
PB	00:47.38																													
	00:47.38																													
																														

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+				Heat:3, starttime: 11:53	
Heat: 3/7 Lane : 4 Athlete: LEFEBRE ELENA				Q-time: 00:40:09	
PB (50m pool): 00:40.09 Aalst 11/05/2025				PB (25m pool): 00:38.94SB: no time	
	5 0 M				
PB	00:40.09				
	00:40.09				
					

Coach feedback:

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

Event number: 9: 50M BUTTERFLY WOMEN 11+										Heat:4, starttime: 11:55																													
Heat: 4/7 Lane : 6 Athlete: SCHEERS JASMIJN																				Q-time: 00:37:15																			
PB (50m pool): 00:37.15 Lochristi 01/02/2026																				PB (25m pool): 00:36.47 SB: 00:37.15 Lochristi 01/02/2026																			
	5 0 M																																						
PB	00:37.15																																						
	00:37.15																																						
																																							

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+										Heat:6, starttime: 11:57																				
Heat: 6/7 Lane : 1 Athlete: HOTTINGER NYAH																				Q-time: 00:34:24										
PB (50m pool): 00:34.24 Aalst 11/05/2025										PB (25m pool): 00:34.40 SB: no time																				
	5 0 M																													
PB	00:34.24																													
	00:34.24																													
																														

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+										Heat:6, starttime: 11:57																				
Heat: 6/7 Lane : 2 Athlete: DE WITTE FIEN																				Q-time: 00:34:06										
PB (50m pool): 00:34.06 Lochristi 01/02/2026										PB (25m pool): 00:34.22SB: 00:34.06 Lochristi 01/02/2026																				
	5 0 M																													
PB	00:34.06																													
	00:34.06																													
																														

Coach feedback: