

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

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

Coaches: Van Achter Rudy HEADCOACH

Coaches: Lammens Tim

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 : 4 Athlete: BOGAERT AMANI					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 02:59.62 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:1, starttime: 09:30
Heat: 1/14 Lane : 7 Athlete: GOOSSENS TARA					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:17.89 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 : 4 Athlete: VAN ACHTER JUNE					Q-time: 03:41:96
PB (50m pool): 03:41.96 Gent 08/02/2026 PB (25m pool): 03:23.60 SB: 03:41.96 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:55.66	01:50.79	02:53.83	03:41.96	
	00:55.66	00:55.13	01:03.04	00:48.13	
					

Coach feedback:

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Event number: 1: 200M MEDLEY WOMEN 11+					Heat:2, starttime: 09:35
Heat: 2/14 Lane : 6 Athlete: BOGAERT TIRZA					Q-time: 04:01:50
PB (50m pool): 04:01.50 Gent 08/02/2026					PB (25m pool): no time SB: 04:01.50 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:58.16	03:05.31	04:01.50	
	no time		01:07.15	00:56.19	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:2, starttime: 09:35
Heat: 2/14 Lane : 8 Athlete: DE WILDE JANNE					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:3, starttime: 09:39
Heat: 3/14 Lane : 1 Athlete: LAMMENS YELISA					Q-time: 03:38:78
PB (50m pool): 03:38.78 Gent 08/02/2026					PB (25m pool): no time SB: 03:38.78 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:53.95	01:48.25	02:49.68	03:38.78	
	00:53.95	00:54.30	01:01.43	00:49.10	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 09:39
Heat: 3/14 Lane : 4 Athlete: ROGIERS LOTTE					Q-time: 03:28:65
PB (50m pool): 03:28.65 Gent 08/02/2026					PB (25m pool): 03:22.65 SB: 03:28.65 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.99	01:39.21	02:42.45	03:28.65	
	00:46.99	00:52.22	01:03.24	00:46.20	
					

Coach feedback:

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Event number: 1: 200M MEDLEY WOMEN 11+				Heat:5, starttime: 09:47	
Heat: 5/14 Lane : 8 Athlete: VAN SLYCKEN LOUISE				Q-time: 03:17:44	
PB (50m pool): 03:17.44 Gent 08/02/2026				PB (25m pool): no time SB: 03:17.44 Gent 08/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.22	01:39.28	02:33.03	03:17.44	
	00:48.22	00:51.06	00:53.75	00:44.41	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+				Heat:10, starttime: 10:05	
Heat: 10/14 Lane : 2 Athlete: LAMMENS ALIX				Q-time: 02:50:95	
PB (50m pool): 02:50.95 Antwerpen 20/07/2025				PB (25m pool): 02:42.10 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.53	01:19.51	02:12.13	02:50.95	
	00:36.53	00:42.98	00:52.62	00:38.82	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+				Heat:1, starttime: 10:22	
Heat: 1/13 Lane : 2 Athlete: ROGIERS LUCAS				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:1, starttime: 10:22	
Heat: 1/13 Lane : 4 Athlete: GOOSSENS TORSTEN				Q-time: 99:99:99	
PB (50m pool): no time				PB (25m pool): 02:26.60 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:2, starttime: 10:26
Heat: 2/13 Lane : 1 Athlete: VAN DEN BORRE AARON					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:41.12 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:3, starttime: 10:31
Heat: 3/13 Lane : 1 Athlete: GOOSSENS HENDRIK					Q-time: 03:27:84
PB (50m pool): 03:27.84 Gent 08/02/2026 PB (25m pool): no time SB: 03:27.84 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.99	01:45.90	02:40.91	03:27.84	
	00:47.99	00:57.91	00:55.01	00:46.93	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:3, starttime: 10:31
Heat: 3/13 Lane : 2 Athlete: DE RYBEL ANTHONY					Q-time: 03:19:45
PB (50m pool): 03:19.45 Aalst 22/06/2024 PB (25m pool): 02:50.37 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	03:19.45	
	no time				
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:5, starttime: 10:38
Heat: 5/13 Lane : 3 Athlete: VERHENNE TIM					Q-time: 02:59:90
PB (50m pool): 02:59.90 Aalst 22/06/2024 PB (25m pool): 02:34.72 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	02:59.90	
	no time				
					

Coach feedback:

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Event number: 2: 200M MEDLEY MEN 11+					Heat:6, starttime: 10:42
Heat: 6/13 Lane : 4 Athlete: ROGIERS LOUIS					Q-time: 02:52:27
PB (50m pool): 02:52.27 Antwerpen 20/07/2025 PB (25m pool): 02:41.68 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.22	01:20.94	02:15.60	02:52.27	
	00:37.22	00:43.72	00:54.66	00:36.67	
					

Coach feedback:

Event number: 3: 50M FREESTYLE WOMEN 11+					Heat:2, starttime: 11:24
Heat: 2/2 Lane : 5 Athlete: JACOBS EVA					Q-time: 00:31:13
PB (50m pool): 00:31.13 Gent 08/02/2026 PB (25m pool): 00:30.19 SB: 00:31.13 Gent 08/02/2026					
	5 0 M				
PB	00:31.13				
	00:31.13				
					

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+					Heat:1, starttime: 11:28
Heat: 1/5 Lane : 3 Athlete: GOOSSENS TARA					Q-time: 99:99:99
PB (50m pool): 00:46.33 Aalst 26/01/2020 PB (25m pool): 00:37.98 SB: no time					
	5 0 M				
PB	00:46.33				
	00:46.33				
					

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+					Heat:1, starttime: 11:28
Heat: 1/5 Lane : 5 Athlete: DE WILDE JANNE					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:

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Event number: 5: 50M BACKSTROKE WOMEN 11+		Heat:2, starttime: 11:30
Heat: 2/5 Lane : 2 Athlete: VAN ACHTER JUNE		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 00:44.30 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+		Heat:2, starttime: 11:30
Heat: 2/5 Lane : 4 Athlete: VAN SLYCKEN LOUISE		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 00:41.16 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+		Heat:2, starttime: 11:30
Heat: 2/5 Lane : 7 Athlete: LAMMENS YELISA		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: 5: 50M BACKSTROKE WOMEN 11+		Heat:3, starttime: 11:32
Heat: 3/5 Lane : 7 Athlete: BOGAERT TIRZA		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 00:46.01 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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Event number: 6: 50M BACKSTROKE MEN 11+			Heat:1, starttime: 11:37
Heat: 1/3 Lane : 1 Athlete: VAN DEN BORRE AARON			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: 6: 50M BACKSTROKE MEN 11+			Heat:1, starttime: 11:37
Heat: 1/3 Lane : 5 Athlete: GOOSSENS HENDRIK			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: 6: 50M BACKSTROKE MEN 11+			Heat:1, starttime: 11:37
Heat: 1/3 Lane : 7 Athlete: ROGIERS LOUIS			Q-time: 99:99:99
PB (50m pool): 00:34.42 Antwerpen 15/03/2026 PB (25m pool): 00:35.60 SB: 00:34.42 Antwerpen 15/03/2026			
	5 0 M		
PB	00:34.42		
	00:34.42		
			

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+			Heat:2, starttime: 11:39
Heat: 2/3 Lane : 4 Athlete: VERHENNE TIM			Q-time: 00:36:85
PB (50m pool): 00:36.85 Antwerpen 13/07/2025 PB (25m pool): 00:36.59 SB: no time			
	5 0 M		
PB	00:36.85		
	00:36.85		
			

Coach feedback:

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

Event number: 6: 50M BACKSTROKE MEN 11+		Heat:2, starttime: 11:39
Heat: 2/3 Lane : 6 Athlete: DE RYBEL ANTHONY		Q-time: 00:38:68
PB (50m pool): 00:38.68 Antwerpen 13/07/2025		PB (25m pool): 00:37.48 SB: no time
	5 0 M	
PB	00:38.68	
	00:38.68	
		

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+		Heat:3, starttime: 11:40
Heat: 3/3 Lane : 4 Athlete: GOOSSENS TORSTEN		Q-time: 00:28:37
PB (50m pool): 00:28.37 Antwerpen 12/02/2023		PB (25m pool): 00:27.34 SB: no time
	5 0 M	
PB	00:28.37	
	00:28.37	
		

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+		Heat:1, starttime: 11:51
Heat: 1/7 Lane : 2 Athlete: BOGAERT AMANI		Q-time: 99:99:99
PB (50m pool): 00:37.40 Antwerpen 15/03/2026		PB (25m pool): 00:39.59 SB: 00:37.40 Antwerpen 15/03/2026
	5 0 M	
PB	00:37.40	
	00:37.40	
		

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+		Heat:1, starttime: 11:51
Heat: 1/7 Lane : 4 Athlete: ROGIERS LOTTE		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:

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Event number: 9: 50M BUTTERFLY WOMEN 11+		Heat:5, starttime: 11:56
Heat: 5/7 Lane : 1 Athlete: JACOBS EVA		Q-time: 00:35:75
PB (50m pool): 00:35.75 Gent 08/02/2026		PB (25m pool): 00:36.01 SB: 00:35.75 Gent 08/02/2026
	5 0 M	
PB	00:35.75	
	00:35.75	
		

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+		Heat:5, starttime: 11:56
Heat: 5/7 Lane : 6 Athlete: LAMMENS ALIX		Q-time: 00:35:25
PB (50m pool): 00:35.25 Gent 08/02/2026		PB (25m pool): 00:34.18 SB: 00:35.25 Gent 08/02/2026
	5 0 M	
PB	00:35.25	
	00:35.25	
		

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+		Heat:2, starttime: 12:01
Heat: 2/5 Lane : 3 Athlete: ROGIERS LUCAS		Q-time: 00:38:70
PB (50m pool): 00:38.54 Antwerpen 15/03/2026		PB (25m pool): 00:36.06 SB: 00:38.54 Antwerpen 15/03/2026
	5 0 M	
PB	00:38.54	
	00:38.54	
		

Coach feedback: