

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

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

Coaches: Staelen Freddy HEADCOACH

Coaches: Vandermeulen Eric

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 : 1 Athlete: MARTENS WINNE					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:1, starttime: 09:30
Heat: 1/14 Lane : 5 Athlete: DE HERT 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:2, starttime: 09:35
Heat: 2/14 Lane : 3 Athlete: EL MAJOUDI ANISSA					Q-time: 03:45:11
PB (50m pool): no time PB (25m pool): 03:45.11 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	no time	
	no time				
					

Coach feedback:

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

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:2, starttime: 09:35
Heat: 2/14 Lane : 5 Athlete: VERCAUTEREN LIENA					Q-time: 03:41:97
PB (50m pool): no time PB (25m pool): 03:41.97 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 : 7 Athlete: BOURFA SALMA					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 : 3 Athlete: SMET LIM					Q-time: 03:31:57
PB (50m pool): no time PB (25m pool): 03:31.57 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 : 5 Athlete: VAN DER GUCHT LOTTE					Q-time: 03:28:83
PB (50m pool): no time PB (25m pool): 03:28.83 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: STW

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:4, starttime: 09:43
Heat: 4/14 Lane : 1 Athlete: JANSSENS STERRE					Q-time: 03:25:31
PB (50m pool): no time PB (25m pool): 03:25.31 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:5, starttime: 09:47
Heat: 5/14 Lane : 7 Athlete: VAN DE VYVERE LENA					Q-time: 03:16:31
PB (50m pool): 03:16.31 Antwerpen 20/07/2025 PB (25m pool): 03:07.48 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.48	01:36.25	02:30.59	03:16.31	
	00:44.48	00:51.77	00:54.34	00:45.72	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 09:51
Heat: 6/14 Lane : 8 Athlete: WULLAERT LIESE					Q-time: 03:11:25
PB (50m pool): 03:11.25 Gent 08/02/2026 PB (25m pool): 03:09.17 SB: 03:11.25 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:33.82	02:29.28	03:11.25	
	no time		00:55.46	00:41.97	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:8, starttime: 09:58
Heat: 8/14 Lane : 4 Athlete: VERHULST AMBER					Q-time: 02:56:37
PB (50m pool): no time PB (25m pool): 02:56.37 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	no time	
	no time				
					

Coach feedback:

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

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:8, starttime: 09:58
Heat: 8/14 Lane : 8 Athlete: LIETAR LAURINE					Q-time: 03:01:06
PB (50m pool): no time PB (25m pool): 02:56.02 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:9, starttime: 10:02
Heat: 9/14 Lane : 1 Athlete: PUNZO MICHELLE					Q-time: 02:55:46
PB (50m pool): no time PB (25m pool): 02:55.46 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:9, starttime: 10:02
Heat: 9/14 Lane : 5 Athlete: VAN HUL EMMA					Q-time: 02:54:33
PB (50m pool): no time 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	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:10, starttime: 10:05
Heat: 10/14 Lane : 3 Athlete: DE BREUCK MARIE					Q-time: 02:50:70
PB (50m pool): 03:18.78 Aalst 24/06/2023 PB (25m pool): 02:50.70 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	03:18.78	
	no time				
					

Coach feedback:

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

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:10, starttime: 10:05
Heat: 10/14 Lane : 5 Athlete: VERHULST NOOR					Q-time: 02:50:65
PB (50m pool): 02:50.65 Gent 08/02/2026					PB (25m pool): 02:47.91 SB: 02:50.65 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.56	01:21.33	02:11.52	02:50.65	
	00:36.56	00:44.77	00:50.19	00:39.13	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:11, starttime: 10:09
Heat: 11/14 Lane : 2 Athlete: VAN DAELE JOSEFIEN					Q-time: 02:47:34
PB (50m pool): 02:47.34 Lochristi 01/02/2026					PB (25m pool): 02:46.92 SB: 02:47.34 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	02:47.34	
	no time				
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:12, starttime: 10:12
Heat: 12/14 Lane : 2 Athlete: DE SMET AMÉLIE					Q-time: 02:43:14
PB (50m pool): 02:43.14 Antwerpen 08/03/2026					PB (25m pool): 02:40.96 SB: 02:43.14 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.66	01:16.93	02:05.29	02:43.14	
	00:34.66	00:42.27	00:48.36	00:37.85	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:12, starttime: 10:12
Heat: 12/14 Lane : 3 Athlete: VERHULST JENTE					Q-time: 02:42:89
PB (50m pool): no time					PB (25m pool): 02:42.89 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:

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

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:12, starttime: 10:12
Heat: 12/14 Lane : 5 Athlete: HEBB MINNE					Q-time: 02:42:63
PB (50m pool): 03:07.06 Lago Rozebroeken Gent 05/03/2023 PB (25m pool): 02:42.63 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	03:07.06	
	no time				
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:12, starttime: 10:12
Heat: 12/14 Lane : 7 Athlete: WULLAERT FIEN					Q-time: 02:43:38
PB (50m pool): 02:43.38 Antwerpen 20/07/2025 PB (25m pool): 02:38.93 SB: 02:55.84 Lochristi 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.87	01:19.29	02:09.51	02:43.38	
	00:37.87	00:41.42	00:50.22	00:33.87	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:12, starttime: 10:12
Heat: 12/14 Lane : 8 Athlete: DE BRABANDER CELESTE					Q-time: 02:44:72
PB (50m pool): 02:44.72 Antwerpen 20/07/2025 PB (25m pool): 02:38.20 SB: 02:50.30 Lochristi 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.32	01:20.96	02:08.11	02:44.72	
	00:37.32	00:43.64	00:47.15	00:36.61	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:14, starttime: 10:18
Heat: 14/14 Lane : 8 Athlete: DELPORTE LOTTE					Q-time: 02:37:49
PB (50m pool): 02:37.49 Antwerpen 27/07/2025 PB (25m pool): 02:33.02 SB: 02:42.02 Lochristi 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.75	01:14.61	02:02.73	02:37.49	
	00:34.75	00:39.86	00:48.12	00:34.76	
					

Coach feedback:

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

Event number: 2: 200M MEDLEY MEN 11+					Heat:1, starttime: 10:22
Heat: 1/13 Lane : 6 Athlete: AMGHAR YOUNES					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 : 6 Athlete: VERHAGEN MIEL					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:4, starttime: 10:35
Heat: 4/13 Lane : 8 Athlete: COGEN ALEX					Q-time: 03:08:78
PB (50m pool): no time PB (25m pool): 03:08.78 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:5, starttime: 10:38
Heat: 5/13 Lane : 6 Athlete: MARTENS YWEIN					Q-time: 03:00:88
PB (50m pool): no time PB (25m pool): 03:00.88 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: STW

Event number: 2: 200M MEDLEY MEN 11+					Heat:9, starttime: 10:52
Heat: 9/13 Lane : 2 Athlete: QUAGHEBEUR STAN					Q-time: 02:41:15
PB (50m pool): 03:21.37 Aalst 24/06/2023					PB (25m pool): 02:41.15 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	03:21.37	
	no time				
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:9, starttime: 10:52
Heat: 9/13 Lane : 5 Athlete: VERHAGEN TOON					Q-time: 02:38:44
PB (50m pool): 02:38.44 Gent 08/02/2026					PB (25m pool): 02:38.32 SB: 02:38.44 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.88	01:18.28	02:05.99	02:38.44	
	00:36.88	00:41.40	00:47.71	00:32.45	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:9, starttime: 10:52
Heat: 9/13 Lane : 7 Athlete: VANHAVERE DAAN					Q-time: 02:41:45
PB (50m pool): 02:41.45 Gent 08/02/2026					PB (25m pool): 02:41.53 SB: 02:41.45 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.31	01:17.92	02:06.54	02:41.45	
	00:35.31	00:42.61	00:48.62	00:34.91	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:10, starttime: 10:55
Heat: 10/13 Lane : 2 Athlete: BOURDIAUDHY THIBAU					Q-time: 02:34:12
PB (50m pool): 02:34.12 Lochristi 01/02/2026					PB (25m pool): 02:31.26 SB: 02:34.12 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	02:34.12	
	no time				
					

Coach feedback:

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

Event number: 2: 200M MEDLEY MEN 11+					Heat:11, starttime: 10:58
Heat: 11/13 Lane : 6 Athlete: VERHAGEN ROBBE					Q-time: 02:28:71
PB (50m pool): 02:28.55 MOUSCRON 20/05/2024 PB (25m pool): 02:24.02 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	02:28.55	
	no time				
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:11, starttime: 10:58
Heat: 11/13 Lane : 8 Athlete: BEN AYAD NAOUFAL					Q-time: 02:30:71
PB (50m pool): 02:49.07 Gent (Rozebroeken) 03/03/2024 PB (25m pool): 02:30.71 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	02:49.07	
	no time				
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:12, starttime: 11:01
Heat: 12/13 Lane : 3 Athlete: EL BOUHDIDI ISLAM					Q-time: 02:25:36
PB (50m pool): 02:33.28 ANTWERPEN 23/07/2023 PB (25m pool): 02:25.36 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	02:33.28	
	no time				
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:12, starttime: 11:01
Heat: 12/13 Lane : 7 Athlete: VAN GOETHEM ARTHUR					Q-time: 02:26:74
PB (50m pool): 02:26.74 Antwerpen 08/03/2026 PB (25m pool): 02:26.65 SB: 02:26.74 Antwerpen 08/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.46	01:09.97	01:52.17	02:26.74	
	00:31.46	00:38.51	00:42.20	00:34.57	
					

Coach feedback:

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

Event number: 2: 200M MEDLEY MEN 11+					Heat:13, starttime: 11:04
Heat: 13/13 Lane : 1 Athlete: VAN DE GENDER NILS					Q-time: 02:23:82
PB (50m pool): 02:23.82 Antwerp 02/02/2025					PB (25m pool): 02:20.98 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.61	01:07.03	01:50.99	02:23.82	
	00:29.61	00:37.42	00:43.96	00:32.83	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:13, starttime: 11:04
Heat: 13/13 Lane : 7 Athlete: VAN DE GENDER WOUT					Q-time: 02:22:22
PB (50m pool): 02:22.22 Antwerpen 27/07/2025					PB (25m pool): 02:22.07 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.84	01:07.28	01:50.65	02:22.22	
	00:29.84	00:37.44	00:43.37	00:31.57	
					

Coach feedback:

Event number: 3: 50M FREESTYLE WOMEN 11+					Heat:1, starttime: 11:23
Heat: 1/2 Lane : 5 Athlete: EL MAJOUDI ANISSA					Q-time: 00:40:51
PB (50m pool): 00:40.51 LOCHRISTI 25/01/2026					PB (25m pool): no time SB: 00:40.51 LOCHRISTI 25/01/2026
	5 0 M				
PB	00:40.51				
	00:40.51				
					

Coach feedback:

Event number: 3: 50M FREESTYLE WOMEN 11+					Heat:2, starttime: 11:24
Heat: 2/2 Lane : 1 Athlete: VERHULST AMBER					Q-time: 00:34:37
PB (50m pool): 00:34.37 LOCHRISTI 25/01/2026					PB (25m pool): 00:33.90 SB: 00:34.37 LOCHRISTI 25/01/2026
	5 0 M				
PB	00:34.37				
	00:34.37				
					

Coach feedback:

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

Event number: 3: 50M FREESTYLE WOMEN 11+										Heat:2, starttime: 11:24																															
Heat: 2/2 Lane : 7 Athlete: VERHULST NOOR																				Q-time: 00:33:58																					
PB (50m pool): 00:33.58 LOCHRISTI 25/01/2026																				PB (25m pool): 00:33.28 SB: 00:33.58 LOCHRISTI 25/01/2026																					
		5 0 M																																							
PB		00:33.58																																							
		00:33.58																																							
																																									

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+						Heat:2, starttime: 11:30	
Heat: 2/5 Lane : 3 Athlete: DE HERT 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:

Event number: 5: 50M BACKSTROKE WOMEN 11+						Heat:2, starttime: 11:30	
Heat: 2/5 Lane : 5 Athlete: VAN DER GUCHT 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:

Event number: 5: 50M BACKSTROKE WOMEN 11+						Heat:2, starttime: 11:30	
Heat: 2/5 Lane : 6 Athlete: JANSSENS STERRE						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: STW

Event number: 5: 50M BACKSTROKE WOMEN 11+		Heat:4, starttime: 11:33
Heat: 4/5	Lane : 4	Athlete: HEBB MINNE
PB (50m pool): no time		PB (25m pool): 00:36.64 SB: no time
	5 0 M	
PB	no time	
	no time	
	no time	

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+		Heat:4, starttime: 11:33
Heat: 4/5	Lane : 5	Athlete: VERHULST JENTE
PB (50m pool): no time		PB (25m pool): 00:36.67 SB: no time
	5 0 M	
PB	no time	
	no time	
	no time	

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+		Heat:4, starttime: 11:33
Heat: 4/5	Lane : 6	Athlete: VAN HUL EMMA
PB (50m pool): no time		PB (25m pool): 00:39.21 SB: no time
	5 0 M	
PB	no time	
	no time	
	no time	

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+		Heat:4, starttime: 11:33
Heat: 4/5	Lane : 7	Athlete: PUNZO MICHELLE
PB (50m pool): no time		PB (25m pool): 00:40.41 SB: no time
	5 0 M	
PB	no time	
	no time	
	no time	

Coach feedback:

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

Event number: 5: 50M BACKSTROKE WOMEN 11+		Heat:5, starttime: 11:35
Heat: 5/5 Lane : 5 Athlete: DE BRABANDER CELESTE		Q-time: 00:34:01
PB (50m pool): no time		PB (25m pool): 00:34.01 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 : 2 Athlete: VERHAGEN MIEL		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 00:52.03 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 : 4 Athlete: QUAGHEBEUR STAN		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 00:39.86 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 : 7 Athlete: COGEN ALEX		Q-time: 00:44:79
PB (50m pool): no time		PB (25m pool): 00:44.79 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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

Event number: 6: 50M BACKSTROKE MEN 11+		Heat:3, starttime: 11:40
Heat: 3/3 Lane : 2 Athlete: BEN AYAD NAOUFAL		Q-time: 00:33:70
PB (50m pool): no time		PB (25m pool): 00:33.70 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+		Heat:3, starttime: 11:40
Heat: 3/3 Lane : 6 Athlete: VAN GOETHEM ARTHUR		Q-time: 00:31:54
PB (50m pool): no time		PB (25m pool): 00:31.54 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+		Heat:3, starttime: 11:40
Heat: 3/3 Lane : 7 Athlete: VANHAVERE DAAN		Q-time: 00:35:21
PB (50m pool): no time		PB (25m pool): 00:35.21 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 : 1 Athlete: BOURFA SALMA		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: STW

Event number: 7: 50M BREASTSTROKE WOMEN 11+		Heat:1, starttime: 11:42
Heat: 1/2 Lane : 5 Athlete: LIETAR LAURINE		Q-time: 00:43:69
PB (50m pool): no time		PB (25m pool): 00:41.83 SB: no time
	5 0 M	
PB	no time	
	no time	
	no time	

Coach feedback:

Event number: 7: 50M BREASTSTROKE WOMEN 11+		Heat:2, starttime: 11:43
Heat: 2/2 Lane : 6 Athlete: WULLAERT FIEN		Q-time: 00:38:87
PB (50m pool): no time		PB (25m pool): 00:38.87 SB: no time
	5 0 M	
PB	no time	
	no time	
	no time	

Coach feedback:

Event number: 7: 50M BREASTSTROKE WOMEN 11+		Heat:2, starttime: 11:43
Heat: 2/2 Lane : 7 Athlete: DE SMET AMÉLIE		Q-time: 00:40:14
PB (50m pool): no time		PB (25m pool): 00:40.14 SB: no time
	5 0 M	
PB	no time	
	no time	
	no time	

Coach feedback:

Event number: 7: 50M BREASTSTROKE WOMEN 11+		Heat:2, starttime: 11:43
Heat: 2/2 Lane : 8 Athlete: DELPORTE LOTTE		Q-time: 00:40:35
PB (50m pool): no time		PB (25m pool): 00:40.35 SB: no time
	5 0 M	
PB	no time	
	no time	
	no time	

Coach feedback:

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

Event number: 8: 50M BREASTSTROKE MEN 11+		Heat:1, starttime: 11:45
Heat: 1/4 Lane : 5 Athlete: VERHAGEN TOON		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 00:45.36 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 8: 50M BREASTSTROKE MEN 11+		Heat:2, starttime: 11:46
Heat: 2/4 Lane : 1 Athlete: AMGHAR YOUNES		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: 8: 50M BREASTSTROKE MEN 11+		Heat:4, starttime: 11:49
Heat: 4/4 Lane : 5 Athlete: VAN DE GENDER NILS		Q-time: 00:33:80
PB (50m pool): 00:35.82 ANTWERPEN 30/07/2023		PB (25m pool): 00:33.80 SB: no time
	5 0 M	
PB	00:35.82	
	00:35.82	
		

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+		Heat:1, starttime: 11:51
Heat: 1/7 Lane : 3 Athlete: SMET LIM		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: STW

Event number: 9: 50M BUTTERFLY WOMEN 11+				Heat:1, starttime: 11:51	
Heat: 1/7 Lane : 5 Athlete: VERCAUTEREN LIENA				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: 9: 50M BUTTERFLY WOMEN 11+				Heat:1, starttime: 11:51	
Heat: 1/7 Lane : 6 Athlete: MARTENS WINNE				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: 9: 50M BUTTERFLY WOMEN 11+										Heat:3, starttime: 11:53																													
Heat: 3/7 Lane : 2 Athlete: WULLAERT LIESE																				Q-time: 00:41:65																			
PB (50m pool): 00:40.46 Antwerpen 15/03/2026																				PB (25m pool): no time SB: 00:40.46 Antwerpen 15/03/2026																			
	5 0 M																																						
PB	00:40.46																																						
	00:40.46																																						
																																							

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+										Heat:3, starttime: 11:53																				
Heat: 3/7 Lane : 5 Athlete: VAN DE VYVERE LENA																				Q-time: 00:41:10										
PB (50m pool): 00:39.13 Antwerpen 15/03/2026										PB (25m pool): 00:39.62SB: 00:39.13 Antwerpen 15/03/2026																				
	5 0 M																													
PB	00:39.13																													
	00:39.13																													
																														

Coach feedback:

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

Event number: 9: 50M BUTTERFLY WOMEN 11+		Heat:4, starttime: 11:55
Heat: 4/7 Lane : 5 Athlete: DE BREUCK MARIE		Q-time: 00:36:73
PB (50m pool): no time		PB (25m pool): 00:36.73 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+		Heat:5, starttime: 11:56
Heat: 5/7 Lane : 5 Athlete: VAN DAELE JOSEFIEN		Q-time: 00:34:77
PB (50m pool): no time		PB (25m pool): 00:34.77 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+		Heat:1, starttime: 12:00
Heat: 1/5 Lane : 7 Athlete: BOURDIAUDHY THIBAU		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 00:35.09 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+		Heat:3, starttime: 12:02
Heat: 3/5 Lane : 2 Athlete: MARTENS YWEIN		Q-time: 00:35:90
PB (50m pool): no time		PB (25m pool): 00:35.90 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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

Event number: 10: 50M BUTTERFLY MEN 11+										Heat:4, starttime: 12:04																																							
Heat: 4/5 Lane : 3 Athlete: VERHAGEN ROBBE																				Q-time: 00:30:56																													
PB (50m pool): 00:30.56										Lochristi 01/02/2026										PB (25m pool): 00:30.12										SB: 00:30.56										Lochristi 01/02/2026									
		5 0 M																																															
PB		00:30.56																																															
		00:30.56																																															
																																																	

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+										Heat:4, starttime: 12:04																													
Heat: 4/5 Lane : 4 Athlete: EL BOUHDIDI ISLAM																				Q-time: 00:29:80																			
PB (50m pool): 00:29.80										Lochristi 01/02/2026										PB (25m pool): 00:29.45										SB: 00:29.80 Lochristi 01/02/2026									
		5 0 M																																					
PB		00:29.80																																					
		00:29.80																																					
																																							

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+										Heat:5, starttime: 12:05																				
Heat: 5/5 Lane : 3 Athlete: VAN DE GENDER WOUT																				Q-time: 00:28:21										
PB (50m pool): 00:28.21 Gent 08/02/2026										PB (25m pool): 00:27.63 SB: 00:28.21 Gent 08/02/2026																				
	5 0 M																													
PB	00:28.21																													
	00:28.21																													
																														

Coach feedback: