

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

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

Coaches: Desmet Carl

Coaches: Backs Hubert

Coaches: François Ewout HEADCOACH

Coaches: De Cramer Renée

PB => Personal Best time

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

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:4, starttime: 09:43
Heat: 4/14 Lane : 3 Athlete: VANPOUCKE LOTTE					Q-time: 03:22:49
PB (50m pool): 03:25.46 Kortrijk 04/05/2025					PB (25m pool): 03:22.49 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:51.90	01:43.13	02:42.02	03:25.46	
	00:51.90	00:51.23	00:58.89	00:43.44	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 09:51
Heat: 6/14 Lane : 3 Athlete: HUYBEN STIEN					Q-time: 03:07:46
PB (50m pool): 03:04.62 Antwerpen 08/03/2026					PB (25m pool): 03:07.46 SB: 03:04.62 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.13	01:32.08	02:22.89	03:04.62	
	00:43.13	00:48.95	00:50.81	00:41.73	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 09:51
Heat: 6/14 Lane : 7 Athlete: VERNIEUWE LEANNE					Q-time: 03:09:90
PB (50m pool): 03:12.07 Antwerpen 20/07/2025					PB (25m pool): 03:09.90 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.84	01:30.63	02:30.10	03:12.07	
	00:39.84	00:50.79	00:59.47	00:41.97	
					

Coach feedback:

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Event number: 1: 200M MEDLEY WOMEN 11+					Heat:11, starttime: 10:09
Heat: 11/14 Lane : 3 Athlete: HUYBEN ISOLDE					Q-time: 02:46:35
PB (50m pool): 02:46.26 Antwerpen 08/03/2026					PB (25m pool): 02:47.40 SB: 02:46.26 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.26	01:15.42	02:08.48	02:46.26	
	00:34.26	00:41.16	00:53.06	00:37.78	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:13, starttime: 10:15
Heat: 13/14 Lane : 4 Athlete: ANDRIES FEBE					Q-time: 02:38:21
PB (50m pool): 02:38.21 Antwerpen 27/07/2025					PB (25m pool): 02:34.04 SB: 02:45.61 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.90	01:16.02	02:01.46	02:38.21	
	00:32.90	00:43.12	00:45.44	00:36.75	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:14, starttime: 10:18
Heat: 14/14 Lane : 5 Athlete: DESMET FIEN					Q-time: 02:35:42
PB (50m pool): 02:39.50 ANTWERPEN 30/07/2023					PB (25m pool): 02:34.76 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	02:39.50	
	no time				
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:14, starttime: 10:18
Heat: 14/14 Lane : 6 Athlete: GANTOIS JANNE					Q-time: 02:36:51
PB (50m pool): 02:41.82 Antwerp 26/01/2025					PB (25m pool): 02:36.51 SB: 02:42.28 Amersfoort 22/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.70	01:16.78	02:06.20	02:41.82	
	00:34.70	00:42.08	00:49.42	00:35.62	
					

Coach feedback:

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Event number: 2: 200M MEDLEY MEN 11+					Heat:1, starttime: 10:22
Heat: 1/13 Lane : 3 Athlete: DEPOORTER SEPPE					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 : 8 Athlete: LONGUEVILLE JOREN					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:3, starttime: 10:31
Heat: 3/13 Lane : 5 Athlete: GEERS ARNOUT					Q-time: 03:10:54
PB (50m pool): 02:57.80 Antwerpen 08/03/2026 PB (25m pool): 03:10.54 SB: 02:57.80 Antwerpen 08/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.05	01:27.46	02:20.41	02:57.80	
	00:42.05	00:45.41	00:52.95	00:37.39	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:4, starttime: 10:35
Heat: 4/13 Lane : 2 Athlete: MOEYAERT ALEC					Q-time: 03:05:60
PB (50m pool): 03:12.14 Kortrijk 04/05/2025 PB (25m pool): 03:05.60 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.44	01:35.63	02:29.67	03:12.14	
	00:44.44	00:51.19	00:54.04	00:42.47	
					

Coach feedback:

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Event number: 2: 200M MEDLEY MEN 11+					Heat:4, starttime: 10:35
Heat: 4/13 Lane : 5 Athlete: DEVOLDERE LOWIE					Q-time: 03:02:52
PB (50m pool): 03:13.34 Kortrijk 26/12/2024					PB (25m pool): 03:02.52 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.02	01:29.84	02:30.17	03:13.34	
	00:40.02	00:49.82	01:00.33	00:43.17	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:11, starttime: 10:58
Heat: 11/13 Lane : 2 Athlete: DECLERCK SIMON					Q-time: 02:29:74
PB (50m pool): 02:32.05 Amersfoort 22/02/2026					PB (25m pool): 02:29.74 SB: 02:32.05 Amersfoort 22/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.01	01:08.72	01:55.73	02:32.05	
	00:31.01	00:37.71	00:47.01	00:36.32	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:11, starttime: 10:58
Heat: 11/13 Lane : 3 Athlete: FRANÇOIS TIJS					Q-time: 02:28:58
PB (50m pool): 02:37.13 Antwerpen 14/07/2024					PB (25m pool): 02:28.58 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	02:37.13	
	no time				
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:13, starttime: 11:04
Heat: 13/13 Lane : 4 Athlete: DESMET LEENDERT					Q-time: 02:13:76
PB (50m pool): 02:15.50 Antwerpen 22/03/2026					PB (25m pool): 02:13.24 SB: 02:15.50 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.22	01:04.72	01:44.92	02:15.50	
	00:29.22	00:35.50	00:40.20	00:30.58	
					

Coach feedback:

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Event number: 2: 200M MEDLEY MEN 11+					Heat:13, starttime: 11:04
Heat: 13/13 Lane : 6 Athlete: HOUSEN KORNEEL					Q-time: 02:18:49
PB (50m pool): 02:22.35 Antwerp 09/02/2025 PB (25m pool): 02:18.49 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.27	01:06.79	01:49.78	02:22.35	
	00:30.27	00:36.52	00:42.99	00:32.57	
					

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+					Heat:3, starttime: 11:32
Heat: 3/5 Lane : 8 Athlete: HUYBEN STIEN					Q-time: 99:99:99
PB (50m pool): 00:48.36 Brugge 02/03/2024 PB (25m pool): no time SB: no time					
	5 0 M				
PB	00:48.36				
	00:48.36				
					

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+					Heat:5, starttime: 11:35
Heat: 5/5 Lane : 1 Athlete: ANDRIES FEBE					Q-time: 00:36:13
PB (50m pool): 00:38.03 Brugge 14/02/2026 PB (25m pool): 00:35.88 SB: 00:38.03 Brugge 14/02/2026					
	5 0 M				
PB	00:38.03				
	00:38.03				
					

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+					Heat:5, starttime: 11:35
Heat: 5/5 Lane : 2 Athlete: GANTOIS JANNE					Q-time: 00:35:20
PB (50m pool): 00:35.20 Brugge 23/02/2025 PB (25m pool): no time SB: 00:36.24 Brugge 14/02/2026					
	5 0 M				
PB	00:35.20				
	00:35.20				
					

Coach feedback:

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Event number: 6: 50M BACKSTROKE MEN 11+				Heat:2, starttime: 11:39	
Heat: 2/3 Lane : 5 Athlete: DEVOLDERE LOWIE				Q-time: 00:36:99	
PB (50m pool): 00:36.99 Brugge 14/02/2026				PB (25m pool): 00:43.31 SB: 00:36.99 Brugge 14/02/2026	
	5 0 M				
PB	00:36.99				
	00:36.99				
					

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+				Heat:3, starttime: 11:40	
Heat: 3/3 Lane : 3 Athlete: HOUSEN KORNEEL				Q-time: 00:31:28	
PB (50m pool): 00:31.28 Brugge 14/02/2026				PB (25m pool): 00:35.72 SB: 00:31.28 Brugge 14/02/2026	
	5 0 M				
PB	00:31.28				
	00:31.28				
					

Coach feedback:

Event number: 8: 50M BREASTSTROKE MEN 11+				Heat:1, starttime: 11:45	
Heat: 1/4 Lane : 4 Athlete: DEPOORTER SEPPE				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:1, starttime: 11:45	
Heat: 1/4 Lane : 6 Athlete: DESMET LEENDERT				Q-time: 99:99:99	
PB (50m pool): 00:38.09 Gent 13/03/2022				PB (25m pool): no time SB: no time	
	5 0 M				
PB	00:38.09				
	00:38.09				
					

Coach feedback:

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Event number: 8: 50M BREASTSTROKE MEN 11+		Heat:2, starttime: 11:46
Heat: 2/4 Lane : 2 Athlete: MOEYAERT ALEC		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:2, starttime: 11:46
Heat: 2/4 Lane : 5 Athlete: GEERS ARNOUT		Q-time: 00:48:22
PB (50m pool): 00:48.22 Brugge 14/02/2026		PB (25m pool): no time SB: 00:48.22 Brugge 14/02/2026
	5 0 M	
PB	00:48.22	
	00:48.22	
		

Coach feedback:

Event number: 8: 50M BREASTSTROKE MEN 11+		Heat:2, starttime: 11:46
Heat: 2/4 Lane : 6 Athlete: LONGUEVILLE JOREN		Q-time: 00:55:53
PB (50m pool): 00:55.53 Brugge 14/02/2026		PB (25m pool): no time SB: 00:55.53 Brugge 14/02/2026
	5 0 M	
PB	00:55.53	
	00:55.53	
		

Coach feedback:

Event number: 8: 50M BREASTSTROKE MEN 11+		Heat:2, starttime: 11:46
Heat: 2/4 Lane : 7 Athlete: DECLERCK SIMON		Q-time: 99:99:99
PB (50m pool): 00:39.90 Brugge 02/03/2024		PB (25m pool): no time SB: no time
	5 0 M	
PB	00:39.90	
	00:39.90	
		

Coach feedback:

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

Event number: 8: 50M BREASTSTROKE MEN 11+		Heat:4, starttime: 11:49
Heat: 4/4 Lane : 8 Athlete: FRANÇOIS TIJS		Q-time: 00:38:65
PB (50m pool): 00:38.65 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:40.31 SB: no time		
	5 0 M	
PB	00:38.65	
	00:38.65	
		

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+		Heat:6, starttime: 11:57
Heat: 6/7 Lane : 4 Athlete: HUYBEN ISOLDE		Q-time: 00:33:70
PB (50m pool): 00:33.70 Gent 08/02/2026 PB (25m pool): 00:36.21 SB: 00:33.70 Gent 08/02/2026		
	5 0 M	
PB	00:33.70	
	00:33.70	
		

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+		Heat:7, starttime: 11:58
Heat: 7/7 Lane : 2 Athlete: DESMET FIEN		Q-time: 00:32:67
PB (50m pool): 00:32.13 Zwembad Brigitte Becue Oostend 19/05/2025 PB (25m pool): 00:33.88 SB: 00:32.48 Antwerpen 15/03/2026		
	5 0 M	
PB	00:32.13	
	00:32.13	
		

Coach feedback: