

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: DZO

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

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

Event number: 12: 200M FREESTYLE MEN 11+					Heat:2, starttime: 14:23
Heat: 2/9 Lane : 4 Athlete: GANSEMAN JACK					Q-time: 03:12:27
PB (50m pool): no time PB (25m pool): 03:12.27 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: 12: 200M FREESTYLE MEN 11+					Heat:3, starttime: 14:27
Heat: 3/9 Lane : 2 Athlete: CLEYNENS STAF					Q-time: 02:50:38
PB (50m pool): 03:11.15 Antwerpen 13/07/2025 PB (25m pool): 02:50.38 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.20	01:32.01	02:21.05	03:11.15	
	00:43.20	00:48.81	00:49.04	00:50.10	
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:7, starttime: 14:40
Heat: 7/9 Lane : 2 Athlete: VAN DEN ABBEELE TOON					Q-time: 02:14:57
PB (50m pool): 02:21.10 Antwerpen 13/07/2025 PB (25m pool): 02:14.57 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.52	01:07.55	01:45.26	02:21.10	
	00:31.52	00:36.03	00:37.71	00:35.84	
					

Coach feedback:

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Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:4, starttime: 15:01
Heat: 4/9 Lane : 6 Athlete: VAN GEERT MARTHE					Q-time: 02:53:55
PB (50m pool): 02:53.55 Antwerpen 13/07/2025					PB (25m pool): 02:52.95 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.32	01:22.76	02:09.03	02:53.55	
	00:39.32	00:43.44	00:46.27	00:44.52	
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:7, starttime: 15:11
Heat: 7/9 Lane : 3 Athlete: VANDEN BERGHE YANA					Q-time: 02:28:72
PB (50m pool): 02:28.72 Gent 08/02/2026					PB (25m pool): 02:29.30 SB: 02:28.72 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:11.43	no time	02:28.72	
	no time				
					

Coach feedback:

Event number: 15: 200M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:33
Heat: 2/3 Lane : 7 Athlete: VAN HAUWERMEIREN EMMA					Q-time: 02:53:28
PB (50m pool): 02:58.36 Antwerpen 14/07/2024					PB (25m pool): 02:53.28 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	02:58.36	
	no time				
					

Coach feedback:

Event number: 15: 200M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:33
Heat: 2/3 Lane : 8 Athlete: VAN BIESEN ELLA					Q-time: 02:56:23
PB (50m pool): no time					PB (25m pool): 02:56.23 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: 17: 200M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:53
Heat: 1/2 Lane : 4 Athlete: CEULEMANS AMINA					Q-time: 03:33:61
PB (50m pool): no time PB (25m pool): 03:33.61 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: 21: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 16:32
Heat: 2/4 Lane : 2 Athlete: VAN HAUWERMEIREN EMMA					Q-time: 01:14:72
PB (50m pool): 01:14.72 Antwerpen 13/07/2025 PB (25m pool): 01:12.09 SB: no time					
	5 0 M	1 0 0 M			
PB	00:35.03	01:14.72			
	00:35.03	00:39.69			
					

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 16:32
Heat: 2/4 Lane : 4 Athlete: VAN BIESEN ELLA					Q-time: 01:12:71
PB (50m pool): 01:12.71 Antwerpen 13/07/2025 PB (25m pool): 01:08.62 SB: no time					
	5 0 M	1 0 0 M			
PB	00:35.56	01:12.71			
	00:35.56	00:37.15			
					

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 16:40
Heat: 2/6 Lane : 7 Athlete: CLEYNENS STAF					Q-time: 01:31:87
PB (50m pool): 01:28.27 Antwerpen 15/03/2026 PB (25m pool): 01:27.78 SB: 01:28.27 Antwerpen 15/03/2026					
	5 0 M	1 0 0 M			
PB	00:44.58	01:28.27			
	00:44.58	00:43.69			
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:1, starttime: 16:52
Heat: 1/4 Lane : 5 Athlete: CEULEMANS AMINA			Q-time: 01:39:29
PB (50m pool): 01:39.29 LOCHRISTI 25/01/2026			PB (25m pool): 01:50.96 SB: 01:39.29 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:39.29	
	no time		
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11+			Heat:1, starttime: 17:02
Heat: 1/3 Lane : 6 Athlete: GANSEMAN JACK			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 02:14.29 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 17:14
Heat: 3/5 Lane : 8 Athlete: VAN GEERT MARTHE			Q-time: 01:43:33
PB (50m pool): 01:43.33 Gent 08/02/2026			PB (25m pool): 01:42.11 SB: 01:43.33 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:48.60	01:43.33	
	00:48.60	00:54.73	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 17:18
Heat: 5/5 Lane : 2 Athlete: VANDEN BERGHE YANA			Q-time: 01:27:07
PB (50m pool): 01:27.07 Gent 08/02/2026			PB (25m pool): 01:25.11 SB: 01:27.07 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:40.68	01:27.07	
	00:40.68	00:46.39	
			

Coach feedback:

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Event number: 26: 100M BUTTERFLY MEN 11+			Heat:2, starttime: 17:23
Heat: 2/3 Lane : 4 Athlete: VAN DEN ABBEELE TOON			Q-time: 01:12:56
PB (50m pool): 01:16.80 Aalst 11/05/2025			PB (25m pool): 01:12.56 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.55	01:16.80	
	00:35.55	00:41.25	
			

Coach feedback: