

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

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 12: 200M FREESTYLE MEN 11+					Heat:1, starttime: 14:19
Heat: 1/9 Lane : 4 Athlete: VAN DAELE GILLES					Q-time: 99:99:99
PB (50m pool): 02:31.14 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 02:21.07 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	02:31.14	
	no time				
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:57
Heat: 3/9 Lane : 6 Athlete: DHONDT LINE					Q-time: 03:06:25
PB (50m pool): no time PB (25m pool): 02:55.11 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:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:4, starttime: 15:01
Heat: 4/9 Lane : 7 Athlete: SCHEERS JASMIJN					Q-time: 02:58:53
PB (50m pool): no time PB (25m pool): 02:45.29 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: 13: 200M FREESTYLE WOMEN 11+					Heat:5, starttime: 15:04
Heat: 5/9 Lane : 2 Athlete: VERHOFSTEDE LENA					Q-time: 02:43:54
PB (50m pool): 02:43.54 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:32.13 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.73	01:17.90	02:00.82	02:43.54	
	00:36.73	00:41.17	00:42.92	00:42.72	
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:5, starttime: 15:04
Heat: 5/9 Lane : 8 Athlete: LEFEBRE ELENA					Q-time: 02:47:04
PB (50m pool): no time PB (25m pool): 02:47.04 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: 13: 200M FREESTYLE WOMEN 11+					Heat:7, starttime: 15:11
Heat: 7/9 Lane : 4 Athlete: DE WITTE FIEN					Q-time: 02:27:82
PB (50m pool): no time PB (25m pool): 02:27.82 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: 14: 200M BACKSTROKE MEN 11+					Heat:1, starttime: 15:20
Heat: 1/2 Lane : 5 Athlete: LARHDIR RAYAN					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:09.56 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: 14: 200M BACKSTROKE MEN 11+					Heat:2, starttime: 15:24
Heat: 2/2 Lane : 3 Athlete: DE RYCK SEPPE					Q-time: 02:26:11
PB (50m pool): 02:26.11 Aalst 28/06/2025			PB (25m pool): 02:19.12 SB: 02:29.80 Lochristi 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.86	01:12.18	01:49.77	02:26.11	
	00:34.86	00:37.32	00:37.59	00:36.34	
					

Coach feedback:

Event number: 15: 200M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:33
Heat: 2/3 Lane : 6 Athlete: THIELMAN PAULIEN					Q-time: 02:50:89
PB (50m pool): 02:50.89 WACHTEBEKE 19/01/2025			PB (25m pool): 02:41.69 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:24.89	no time	02:50.89	
	no time				
					

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN 11+					Heat:1, starttime: 15:41
Heat: 1/3 Lane : 4 Athlete: ROGGEMAN VINCENT					Q-time: 03:19:83
PB (50m pool): no time			PB (25m pool): 03:19.83 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:

Event number: 16: 200M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:45
Heat: 2/3 Lane : 7 Athlete: VAN OEVELEN NOAH					Q-time: 03:01:65
PB (50m pool): no time			PB (25m pool): 03:01.65 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 : 3 Athlete: VANDECASTEELE MARTHE					Q-time: 03:36:75
PB (50m pool): no time PB (25m pool): 03:36.75 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: 17: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:57
Heat: 2/2 Lane : 5 Athlete: HOTTINGER NYAH					Q-time: 03:07:05
PB (50m pool): no time PB (25m pool): 03:07.05 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: 20: 100M FREESTYLE MEN 11+					Heat:1, starttime: 16:24
Heat: 1/3 Lane : 6 Athlete: LARHDIR RAYAN					Q-time: 01:07:35
PB (50m pool): 01:07.35 Lochristi 01/02/2026 PB (25m pool): 01:05.87 SB: 01:07.35 Lochristi 01/02/2026					
	5 0 M	1 0 0 M			
PB	no time	01:07.35			
	no time				
					

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 11+					Heat:1, starttime: 16:24
Heat: 1/3 Lane : 7 Athlete: ROGGE MAN VINCENT					Q-time: 01:17:70
PB (50m pool): 01:17.70 Aalst 11/05/2025 PB (25m pool): 01:11.78 SB: no time					
	5 0 M	1 0 0 M			
PB	00:37.01	01:17.70			
	00:37.01	00:40.69			
					

Coach feedback:

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Event number: 20: 100M FREESTYLE MEN 11+			Heat:3, starttime: 16:27
Heat: 3/3 Lane : 6 Athlete: DE RYCK SEPPE			Q-time: 00:59:22
PB (50m pool): 00:57.68 Antwerpen 15/03/2026			PB (25m pool): 00:57.99 SB: 00:57.68 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:28.54	00:57.68	
	00:28.54	00:29.14	
			

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 16:33
Heat: 3/4 Lane : 2 Athlete: THIELMAN PAULIEN			Q-time: 01:07:52
PB (50m pool): 01:07.52 Aalst 11/05/2025			PB (25m pool): 01:04.81 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.44	01:07.52	
	00:32.44	00:35.08	
			

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 16:35
Heat: 4/4 Lane : 1 Athlete: HOTTINGER NYAH			Q-time: 01:04:74
PB (50m pool): 01:04.74 Lochristi 01/02/2026			PB (25m pool): 01:03.22 SB: 01:04.74 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:04.74	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 16:55
Heat: 2/4 Lane : 4 Athlete: SCHEERS JASMIJN			Q-time: 01:28:20
PB (50m pool): 01:23.80 Antwerpen 15/03/2026			PB (25m pool): 01:25.16 SB: 01:23.80 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.54	01:23.80	
	00:40.54	00:43.26	
			

Coach feedback:

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Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 17:12
Heat: 2/5 Lane : 4 Athlete: VANDECASTEELE MARTHE			Q-time: 01:45:73
PB (50m pool): no time			PB (25m pool): no time 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 : 3 Athlete: DHONDT LINE			Q-time: 01:40:29
PB (50m pool): 01:40.29 Lochristi 01/02/2026			PB (25m pool): 01:38.42 SB: 01:40.29 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:40.29	
	no time		
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 17:16
Heat: 4/5 Lane : 3 Athlete: LEFEBRE ELENA			Q-time: 01:32:77
PB (50m pool): 01:44.51 Aalst 28/04/2024			PB (25m pool): 01:32.77 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:44.51	
	no time		
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 17:16
Heat: 4/5 Lane : 5 Athlete: VERHOFSTEDE LENA			Q-time: 01:32:08
PB (50m pool): 01:38.78 Aalst 28/04/2024			PB (25m pool): 01:33.79 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:38.78	
	no time		
			

Coach feedback:

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Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 17:18
Heat: 5/5 Lane : 7 Athlete: DE WITTE FIEN			Q-time: 01:28:09
PB (50m pool): 01:26.54 Antwerpen 15/03/2026			PB (25m pool): 01:25.91 SB: 01:26.54 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.88	01:26.54	
	00:40.88	00:45.66	
			

Coach feedback:

Event number: 26: 100M BUTTERFLY MEN 11+			Heat:1, starttime: 17:21
Heat: 1/3 Lane : 3 Athlete: VAN DAELE GILLES			Q-time: 99:99:99
PB (50m pool): 01:17.77 Lago Gent Rozebroeken 05/05/2024			PB (25m pool): 01:14.36 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:17.77	
	no time		
			

Coach feedback:

Event number: 26: 100M BUTTERFLY MEN 11+			Heat:2, starttime: 17:23
Heat: 2/3 Lane : 7 Athlete: VAN OEVELEN NOAH			Q-time: 01:23:38
PB (50m pool): no time			PB (25m pool): 01:23.38 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback: