

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

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 12: 200M FREESTYLE MEN 11+					Heat:2, starttime: 14:23
Heat: 2/9 Lane : 2 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	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:2, starttime: 14:23
Heat: 2/9 Lane : 5 Athlete: GOOSSENS HENDRIK					Q-time: 03:16:76
PB (50m pool): 03:16.76 Gent 08/02/2026 PB (25m pool): no time SB: 03:16.76 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.97	01:33.61	no time	03:16.76	
	00:41.97	00:51.64			
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:3, starttime: 14:27
Heat: 3/9 Lane : 3 Athlete: DE RYBEL ANTHONY					Q-time: 02:47:32
PB (50m pool): 02:47.32 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:31.87 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.34	01:20.69	02:05.04	02:47.32	
	00:37.34	00:43.35	00:44.35	00:42.28	
					

Coach feedback:

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Event number: 12: 200M FREESTYLE MEN 11+					Heat:5, starttime: 14:34
Heat: 5/9 Lane : 4 Athlete: ROGIERS LOUIS					Q-time: 02:26:32
PB (50m pool): 02:26.32 Gent 08/02/2026			PB (25m pool): 02:23.57 SB: 02:26.32 Gent 08/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.14	01:10.98	01:49.92	02:26.32	
	00:33.14	00:37.84	00:38.94	00:36.40	
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:5, starttime: 14:34
Heat: 5/9 Lane : 7 Athlete: ROGIERS LUCAS					Q-time: 02:31:80
PB (50m pool): 02:31.80 Gent 08/02/2026			PB (25m pool): 02:30.81 SB: 02:31.80 Gent 08/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.05	01:13.54	01:52.57	02:31.80	
	00:35.05	00:38.49	00:39.03	00:39.23	
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:7, starttime: 14:40
Heat: 7/9 Lane : 3 Athlete: VERHENNE TIM					Q-time: 02:13:77
PB (50m pool): 02:13.77 Gent 08/02/2026			PB (25m pool): 02:16.44 SB: 02:13.77 Gent 08/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.81	01:03.85	01:39.47	02:13.77	
	00:29.81	00:34.04	00:35.62	00:34.30	
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:8, starttime: 14:43
Heat: 8/9 Lane : 6 Athlete: GOOSSENS TORSTEN					Q-time: 02:08:17
PB (50m pool): 02:08.17 Antwerpen 12/02/2023			PB (25m pool): 02:03.93 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	02:08.17	
	no time				
					

Coach feedback:

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Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:49
Heat: 1/9 Lane : 1 Athlete: LAMMENS YELISA					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: 13: 200M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:49
Heat: 1/9 Lane : 2 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: 13: 200M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:49
Heat: 1/9 Lane : 3 Athlete: BOGAERT AMANI					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 02:34.23 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:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:49
Heat: 1/9 Lane : 6 Athlete: GOOSSENS TARA					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:13.62 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:

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Event number: 13: 200M FREESTYLE WOMEN 11+				Heat:2, starttime: 14:53	
Heat: 2/9 Lane : 4 Athlete: VAN ACHTER JUNE				Q-time: 03:19:69	
PB (50m pool): 03:19.69 Aalst 11/05/2025				PB (25m pool): 03:05.71 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.14	01:36.70	02:29.59	03:19.69	
	00:45.14	00:51.56	00:52.89	00:50.10	
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+				Heat:2, starttime: 14:53	
Heat: 2/9 Lane : 5 Athlete: BOGAERT TIRZA				Q-time: 03:40:74	
PB (50m pool): 03:40.74 Aalst 11/05/2025				PB (25m pool): no time SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.96	01:48.23	02:46.02	03:40.74	
	00:48.96	00:59.27	00:57.79	00:54.72	
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+				Heat:2, starttime: 14:53	
Heat: 2/9 Lane : 6 Athlete: ROGIERS LOTTE				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: 13: 200M FREESTYLE WOMEN 11+				Heat:4, starttime: 15:01	
Heat: 4/9 Lane : 1 Athlete: VAN SLYCKEN LOUISE				Q-time: 03:00:84	
PB (50m pool): 03:00.84 Gent 08/02/2026				PB (25m pool): 02:54.45 SB: 03:00.84 Gent 08/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:25.88	no time	03:00.84	
	no time				
					

Coach feedback:

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Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:6, starttime: 15:08
Heat: 6/9 Lane : 7 Athlete: JACOBS EVA					Q-time: 02:36:11
PB (50m pool): 02:36.11 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 02:32.67 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	02:36.11	
	no time				
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:8, starttime: 15:14
Heat: 8/9 Lane : 2 Athlete: LAMMENS ALIX					Q-time: 02:25:22
PB (50m pool): 02:25.22 Antwerpen 08/03/2026 PB (25m pool): 02:21.95 SB: 02:25.22 Antwerpen 08/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.19	01:10.05	01:48.50	02:25.22	
	00:33.19	00:36.86	00:38.45	00:36.72	
					

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 16:33
Heat: 3/4 Lane : 6 Athlete: JACOBS EVA					Q-time: 01:07:25
PB (50m pool): 01:07.25 Gent 08/02/2026 PB (25m pool): 01:05.40 SB: 01:07.25 Gent 08/02/2026					
	5 0 M	1 0 0 M			
PB	00:32.81	01:07.25			
	00:32.81	00:34.44			
					

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 16:45
Heat: 4/6 Lane : 7 Athlete: ROGIERS LUCAS					Q-time: 01:20:52
PB (50m pool): 01:18.93 Antwerpen 15/03/2026 PB (25m pool): 01:19.22 SB: 01:18.93 Antwerpen 15/03/2026					
	5 0 M	1 0 0 M			
PB	00:39.60	01:18.93			
	00:39.60	00:39.33			
					

Coach feedback:

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

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 16:55
Heat: 2/4 Lane : 8 Athlete: ROGIERS LOTTE			Q-time: 01:36:08
PB (50m pool): 01:33.06 Antwerpen 15/03/2026			PB (25m pool): 01:31.18 SB: 01:33.06 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:46.06	01:33.06	
	00:46.06	00:47.00	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 16:57
Heat: 3/4 Lane : 3 Athlete: BOGAERT AMANI			Q-time: 01:24:45
PB (50m pool): 01:23.89 Antwerpen 15/03/2026			PB (25m pool): 01:21.93 SB: 01:23.89 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:42.00	01:23.89	
	00:42.00	00:41.89	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 17:00
Heat: 4/4 Lane : 3 Athlete: LAMMENS ALIX			Q-time: 01:14:92
PB (50m pool): 01:14.92 Gent 08/02/2026			PB (25m pool): 01:11.97 SB: 01:14.92 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:36.35	01:14.92	
	00:36.35	00:38.57	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11+			Heat:1, starttime: 17:02
Heat: 1/3 Lane : 2 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	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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Event number: 24: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 17:04
Heat: 2/3 Lane : 7 Athlete: DE RYBEL ANTHONY			Q-time: 01:38:71
PB (50m pool): 01:38.71 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:24.17 SB: no time			
	5 0 M	1 0 0 M	
PB	00:47.08	01:38.71	
	00:47.08	00:51.63	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 17:04
Heat: 2/3 Lane : 8 Athlete: GOOSSENS HENDRIK			Q-time: 01:42:24
PB (50m pool): 01:42.24 Gent 08/02/2026 PB (25m pool): no time SB: 01:42.24 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:48.07	01:42.24	
	00:48.07	00:54.17	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 17:09
Heat: 1/5 Lane : 4 Athlete: DE WILDE JANNE			Q-time: 01:58:70
PB (50m pool): 01:58.70 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:48.52 SB: no time			
	5 0 M	1 0 0 M	
PB	00:54.78	01:58.70	
	00:54.78	01:03.92	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 17:09
Heat: 1/5 Lane : 5 Athlete: BOGAERT TIRZA			Q-time: 02:09:05
PB (50m pool): 02:09.05 Gent 08/02/2026 PB (25m pool): no time SB: 02:09.05 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:58.37	02:09.05	
	00:58.37	01:10.68	
			

Coach feedback:

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

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 17:12
Heat: 2/5 Lane : 1 Athlete: VAN ACHTER JUNE			Q-time: 01:54:63
PB (50m pool): 01:54.63 Gent 08/02/2026			PB (25m pool): 01:49.88 SB: 01:54.63 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:53.81	01:54.63	
	00:53.81	01:00.82	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 17:12
Heat: 2/5 Lane : 2 Athlete: LAMMENS YELISA			Q-time: 01:50:53
PB (50m pool): 01:50.53 Gent 08/02/2026			PB (25m pool): 01:59.55 SB: 01:50.53 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:51.81	01:50.53	
	00:51.81	00:58.72	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 17:14
Heat: 3/5 Lane : 7 Athlete: VAN SLYCKEN LOUISE			Q-time: 01:41:32
PB (50m pool): 01:41.32 Gent 08/02/2026			PB (25m pool): 01:41.15 SB: 01:41.32 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:47.45	01:41.32	
	00:47.45	00:53.87	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 17:16
Heat: 4/5 Lane : 6 Athlete: JACOBS EVA			Q-time: 01:32:96
PB (50m pool): 01:32.96 Gent 08/02/2026			PB (25m pool): 01:33.73 SB: 01:32.96 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:43.14	01:32.96	
	00:43.14	00:49.82	
			

Coach feedback:

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

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 17:18
Heat: 5/5 Lane : 1 Athlete: GOOSSENS TARA			Q-time: 01:28:62
PB (50m pool): 01:28.62 Gent 08/02/2026			PB (25m pool): 01:27.14 SB: 01:28.62 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:40.47	01:28.62	
	00:40.47	00:48.15	
			

Coach feedback:

Event number: 26: 100M BUTTERFLY MEN 11+			Heat:1, starttime: 17:21
Heat: 1/3 Lane : 5 Athlete: GOOSSENS TORSTEN			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:03.14 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 26: 100M BUTTERFLY MEN 11+			Heat:2, starttime: 17:23
Heat: 2/3 Lane : 6 Athlete: ROGIERS LOUIS			Q-time: 01:18:74
PB (50m pool): 01:17.91 Antwerpen 15/03/2026			PB (25m pool): 01:14.27 SB: 01:17.91 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.21	01:17.91	
	00:36.21	00:41.70	
			

Coach feedback:

Event number: 26: 100M BUTTERFLY MEN 11+			Heat:3, starttime: 17:25
Heat: 3/3 Lane : 8 Athlete: VERHENNE TIM			Q-time: 01:12:06
PB (50m pool): 01:12.06 Gent 08/02/2026			PB (25m pool): 01:10.72 SB: 01:12.06 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:33.11	01:12.06	
	00:33.11	00:38.95	
			

Coach feedback: