

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

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 11: 200M MEDLEY MIXED 10-9 Heat:2, starttime: 14:04

Heat: 2/2 Lane : 1 Athlete: COLE DEMEYERE CARA 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: 11: 200M MEDLEY MIXED 10-9 Heat:2, starttime: 14:04

Heat: 2/2 Lane : 5 Athlete: LAVA ROBYN Q-time: 03:44:09

PB (50m pool): no time PB (25m pool): 03:44.09 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 : 7 Athlete: VERHAGEN MIEL Q-time: 02:52:15

PB (50m pool): no time PB (25m pool): 02:52.15 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	no time	
	no time				
					

Coach feedback:

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

Event number: 12: 200M FREESTYLE MEN 11+					Heat:3, starttime: 14:27
Heat: 3/9 Lane : 8 Athlete: AMGHAR YOUNES					Q-time: 03:02:56
PB (50m pool): no time PB (25m pool): 03:02.56 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:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:4, starttime: 14:31
Heat: 4/9 Lane : 7 Athlete: COGEN ALEX					Q-time: 02:39:08
PB (50m pool): no time PB (25m pool): 02:39.08 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:6, starttime: 14:37
Heat: 6/9 Lane : 6 Athlete: QUAGHEBEUR STAN					Q-time: 02:23:79
PB (50m pool): no time PB (25m pool): 02:23.79 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:7, starttime: 14:40
Heat: 7/9 Lane : 6 Athlete: VERHAGEN TOON					Q-time: 02:14:07
PB (50m pool): 02:14.07 Gent 08/02/2026 PB (25m pool): 02:11.75 SB: 02:14.07 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.57	01:06.90	01:41.52	02:14.07	
	00:31.57	00:35.33	00:34.62	00:32.55	
					

Coach feedback:

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

Event number: 12: 200M FREESTYLE MEN 11+					Heat:8, starttime: 14:43
Heat: 8/9 Lane : 3 Athlete: VAN DE GENDER NILS					Q-time: 02:07:63
PB (50m pool): 02:07.63 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:02.11 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.11	01:01.27	01:34.63	02:07.63	
	00:29.11	00:32.16	00:33.36	00:33.00	
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:8, starttime: 14:43
Heat: 8/9 Lane : 7 Athlete: EL BOUHDIDI ISLAM					Q-time: 02:10:49
PB (50m pool): 02:10.49 Gent 08/02/2026 PB (25m pool): 02:07.99 SB: 02:10.49 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.71	01:02.93	01:37.89	02:10.49	
	00:29.71	00:33.22	00:34.96	00:32.60	
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:8, starttime: 14:43
Heat: 8/9 Lane : 8 Athlete: VERHAGEN ROBBE					Q-time: 02:11:73
PB (50m pool): 02:11.73 Aalst 11/05/2025 PB (25m pool): 02:07.56 SB: 02:13.61 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.76	01:02.58	01:36.80	02:11.73	
	00:29.76	00:32.82	00:34.22	00:34.93	
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:49
Heat: 1/9 Lane : 4 Athlete: VERCAUTEREN LIENA					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:

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

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:53
Heat: 2/9 Lane : 8 Athlete: JANSSENS STERRE					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:3, starttime: 14:57
Heat: 3/9 Lane : 1 Athlete: BOURFA SALMA					Q-time: 03:15:10
PB (50m pool): no time PB (25m pool): 03:15.10 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:3, starttime: 14:57
Heat: 3/9 Lane : 2 Athlete: SMET LIM					Q-time: 03:06:98
PB (50m pool): no time PB (25m pool): 03:06.98 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:3, starttime: 14:57
Heat: 3/9 Lane : 4 Athlete: DE HERT JANNE					Q-time: 03:01:93
PB (50m pool): no time PB (25m pool): 03:01.93 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	no time	
	no time				
					

Coach feedback:

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

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:6, starttime: 15:08
Heat: 6/9 Lane : 4 Athlete: PUNZO MICHELLE					Q-time: 02:32:13
PB (50m pool): 02:32.13 Lochristi 01/02/2026					PB (25m pool): 02:28.71 SB: 02:32.13 Lochristi 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:13.01	no time	02:32.13	
	no time				
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:6, starttime: 15:08
Heat: 6/9 Lane : 6 Athlete: VAN HUL EMMA					Q-time: 02:33:92
PB (50m pool): 02:41.35 Lago Gent Rozebroeken 05/05/2024					PB (25m pool): 02:33.92 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	02:41.35	
	no time				
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:7, starttime: 15:11
Heat: 7/9 Lane : 8 Athlete: LIETAR LAURINE					Q-time: 02:30:95
PB (50m pool): 02:55.70 LAGO, S&R Rozebroeken 07/04/2019					PB (25m pool): 02:28.91 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	02:55.70	
	no time				
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:8, starttime: 15:14
Heat: 8/9 Lane : 1 Athlete: HEBB MINNE					Q-time: 02:27:06
PB (50m pool): no time					PB (25m pool): 02:27.06 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:8, starttime: 15:14
Heat: 8/9 Lane : 5 Athlete: DE BREUCK MARIE					Q-time: 02:23:58
PB (50m pool): no time PB (25m pool): 02:23.58 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	no time	
	no time				
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:8, starttime: 15:14
Heat: 8/9 Lane : 8 Athlete: VERHULST JENTE					Q-time: 02:27:50
PB (50m pool): 02:27.50 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:23.06 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.83	01:10.93	01:49.28	02:27.50	
	00:33.83	00:37.10	00:38.35	00:38.22	
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:9, starttime: 15:17
Heat: 9/9 Lane : 7 Athlete: WULLAERT FIEN					Q-time: 02:20:07
PB (50m pool): 02:20.07 Antwerpen 20/07/2025 PB (25m pool): 02:17.86 SB: 02:24.97 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.49	01:08.30	01:45.26	02:20.07	
	00:32.49	00:35.81	00:36.96	00:34.81	
					

Coach feedback:

Event number: 14: 200M BACKSTROKE MEN 11+					Heat:2, starttime: 15:24
Heat: 2/2 Lane : 1 Athlete: MARTENS YWEIN					Q-time: 03:18:79
PB (50m pool): 03:18.79 WACHTEBEKE 19/01/2025 PB (25m pool): 03:37.20 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:38.73	no time	03:18.79	
	no time				
					

Coach feedback:

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

Event number: 14: 200M BACKSTROKE MEN 11+					Heat:2, starttime: 15:24
Heat: 2/2 Lane : 5 Athlete: VAN DE GENDER WOUT					Q-time: 02:21:24
PB (50m pool): 02:18.25 Antwerpen 22/03/2026			PB (25m pool): 02:17.21 SB: 02:18.25 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.88	01:06.08	01:42.11	02:18.25	
	00:31.88	00:34.20	00:36.03	00:36.14	
					

Coach feedback:

Event number: 15: 200M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:29
Heat: 1/3 Lane : 3 Athlete: VAN DE VYVERE LENA					Q-time: 03:28:28
PB (50m pool): 03:28.28 WACHTEBEKE 19/01/2025			PB (25m pool): 03:08.79 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:42.58	no time	03:28.28	
	no time				
					

Coach feedback:

Event number: 15: 200M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:33
Heat: 2/3 Lane : 1 Athlete: VERHULST NOOR					Q-time: 02:54:65
PB (50m pool): 02:54.65 Lochristi 01/02/2026			PB (25m pool): 02:43.48 SB: 02:54.65 Lochristi 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:26.63	no time	02:54.65	
	no time				
					

Coach feedback:

Event number: 15: 200M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:33
Heat: 2/3 Lane : 2 Athlete: VAN DAELE JOSEFIEN					Q-time: 02:51:21
PB (50m pool): 02:51.21 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 02:39.03 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.19	01:24.63	02:08.37	02:51.21	
	00:41.19	00:43.44	00:43.74	00:42.84	
					

Coach feedback:

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

Event number: 15: 200M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:37
Heat: 3/3 Lane : 1 Athlete: DE SMET AMÉLIE					Q-time: 02:41:50
PB (50m pool): 02:41.50 Antwerpen 08/03/2026			PB (25m pool): 02:39.66 SB: 02:41.50 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.51	01:18.46	02:00.88	02:41.50	
	00:37.51	00:40.95	00:42.42	00:40.62	
					

Coach feedback:

Event number: 15: 200M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:37
Heat: 3/3 Lane : 6 Athlete: DELPORTE LOTTE					Q-time: 02:35:69
PB (50m pool): 02:35.69 Gent 08/02/2026			PB (25m pool): 02:32.35 SB: 02:35.69 Gent 08/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.26	01:16.72	01:56.71	02:35.69	
	00:37.26	00:39.46	00:39.99	00:38.98	
					

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN 11+					Heat:1, starttime: 15:41
Heat: 1/3 Lane : 5 Athlete: VANHAVERE DAAN					Q-time: 03:34:36
PB (50m pool): 03:34.36 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 03:01.69 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.67	01:43.81	02:40.38	03:34.36	
	00:48.67	00:55.14	00:56.57	00:53.98	
					

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:49
Heat: 3/3 Lane : 1 Athlete: VAN GOETHEM ARTHUR					Q-time: 02:49:74
PB (50m pool): 02:49.74 Antwerpen 08/03/2026			PB (25m pool): 02:47.15 SB: 02:49.74 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.86	01:21.03	02:06.13	02:49.74	
	00:37.86	00:43.17	00:45.10	00:43.61	
					

Coach feedback:

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

Event number: 16: 200M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:49
Heat: 3/3 Lane : 4 Athlete: ORBAN OLIVIER					Q-time: 02:22:70
PB (50m pool): 02:22.70 Antwerp 09/02/2025					PB (25m pool): 02:14.92 SB: 02:29.37 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.14	01:07.81	01:44.62	02:22.70	
	00:32.14	00:35.67	00:36.81	00:38.08	
					

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:49
Heat: 3/3 Lane : 7 Athlete: BEN AYAD NAOUFAL					Q-time: 02:49:44
PB (50m pool): no time					PB (25m pool): 02:49.23 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: 16: 200M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:49
Heat: 3/3 Lane : 8 Athlete: BOURDIAUDHY THIBAU					Q-time: 02:50:40
PB (50m pool): 02:50.40 Lochristi 01/02/2026					PB (25m pool): 02:45.24 SB: 02:50.40 Lochristi 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:22.71	no time	02:50.40	
	no time				
					

Coach feedback:

Event number: 17: 200M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:53
Heat: 1/2 Lane : 1 Athlete: WULLAERT LIESE					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 03:54.38 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: 2: COACH evaluation sheet for TEAM: STW

Event number: 17: 200M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:53
Heat: 1/2 Lane : 2 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	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:1, starttime: 15:53
Heat: 1/2 Lane : 6 Athlete: EL MAJOUDI ANISSA					Q-time: 03:53:83
PB (50m pool): no time PB (25m pool): 03:53.83 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: 17: 200M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:53
Heat: 1/2 Lane : 8 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: 17: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:57
Heat: 2/2 Lane : 4 Athlete: DE BRABANDER CELESTE					Q-time: 03:04:21
PB (50m pool): 03:04.21 Antwerpen 20/07/2025 PB (25m pool): 02:57.48 SB: 03:06.40 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.35	01:28.67	02:17.10	03:04.21	
	00:41.35	00:47.32	00:48.43	00:47.11	
					

Coach feedback:

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

Event number: 17: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:57
Heat: 2/2 Lane : 6 Athlete: VERHULST AMBER					Q-time: 03:12:47
PB (50m pool): 04:07.71 WACHTEBEKE 02/02/2020 PB (25m pool): 03:12.47 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	04:07.71	
	no time				
					

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 11+					Heat:2, starttime: 16:26
Heat: 2/3 Lane : 2 Athlete: VANHAVERE DAAN					Q-time: 01:02:28
PB (50m pool): 01:02.28 Gent 08/02/2026 PB (25m pool): 01:00.65 SB: 01:02.28 Gent 08/02/2026					
	5 0 M	1 0 0 M			
PB	00:30.50	01:02.28			
	00:30.50	00:31.78			
					

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 11+					Heat:2, starttime: 16:26
Heat: 2/3 Lane : 5 Athlete: BOURDIAUDHY THIBAU					Q-time: 01:01:59
PB (50m pool): 01:01.36 Antwerpen 15/03/2026 PB (25m pool): 00:59.87 SB: 01:01.36 Antwerpen 15/03/2026					
	5 0 M	1 0 0 M			
PB	00:29.94	01:01.36			
	00:29.94	00:31.42			
					

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 11+					Heat:2, starttime: 16:26
Heat: 2/3 Lane : 6 Athlete: BEN AYAD NAOUFAL					Q-time: 01:02:27
PB (50m pool): 01:02.27 Antwerp 02/02/2025 PB (25m pool): 00:59.12 SB: no time					
	5 0 M	1 0 0 M			
PB	00:30.05	01:02.27			
	00:30.05	00:32.22			
					

Coach feedback:

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

Event number: 20: 100M FREESTYLE MEN 11+			Heat:2, starttime: 16:26
Heat: 2/3 Lane : 7 Athlete: MARTENS YWEIN			Q-time: 01:04:67
PB (50m pool): no time			PB (25m pool): 01:04.67 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 11+			Heat:3, starttime: 16:27
Heat: 3/3 Lane : 4 Athlete: ORBAN OLIVIER			Q-time: 00:55:61
PB (50m pool): 00:56.35 Lago Gent Rozebroeken 01/05/2022			PB (25m pool): 00:54.82 SB: no time
	5 0 M	1 0 0 M	
PB	no time	00:56.35	
	no time		
			

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 11+			Heat:3, starttime: 16:27
Heat: 3/3 Lane : 5 Athlete: VAN DE GENDER WOUT			Q-time: 00:56:51
PB (50m pool): 00:56.51 Gent 08/02/2026			PB (25m pool): 00:54.96 SB: 00:56.51 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:27.50	00:56.51	
	00:27.50	00:29.01	
			

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 11+			Heat:3, starttime: 16:27
Heat: 3/3 Lane : 8 Athlete: VAN GOETHEM ARTHUR			Q-time: 01:00:93
PB (50m pool): 01:00.93 Gent 08/02/2026			PB (25m pool): 00:59.45 SB: 01:00.93 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:29.54	01:00.93	
	00:29.54	00:31.39	
			

Coach feedback:

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

Event number: 21: 100M FREESTYLE WOMEN 11+			Heat:1, starttime: 16:30
Heat: 1/4 Lane : 2 Athlete: VAN DER GUCHT LOTTE			Q-time: 01:33:02
PB (50m pool): no time			PB (25m pool): 01:33.02 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 16:32
Heat: 2/4 Lane : 1 Athlete: VAN DE VYVERE LENA			Q-time: 01:16:12
PB (50m pool): 01:16.12 Gent 08/02/2026			PB (25m pool): 01:15.33 SB: 01:16.12 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:36.42	01:16.12	
	00:36.42	00:39.70	
			

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 16:32
Heat: 2/4 Lane : 8 Athlete: WULLAERT LIESE			Q-time: 01:18:52
PB (50m pool): 01:18.52 Lochristi 01/02/2026			PB (25m pool): 01:18.79 SB: 01:18.52 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:18.52	
	no time		
			

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 16:33
Heat: 3/4 Lane : 1 Athlete: DE SMET AMÉLIE			Q-time: 01:08:08
PB (50m pool): 01:08.08 Antwerpen 08/03/2026			PB (25m pool): 01:05.67 SB: 01:08.08 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:32.79	01:08.08	
	00:32.79	00:35.29	
			

Coach feedback:

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

Event number: 21: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 16:33
Heat: 3/4 Lane : 3 Athlete: DE BRABANDER CELESTE			Q-time: 01:07:03
PB (50m pool): 01:05.83 Antwerpen 15/03/2026			PB (25m pool): 01:04.31 SB: 01:05.83 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:31.50	01:05.83	
	00:31.50	00:34.33	
			

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 16:35
Heat: 4/4 Lane : 7 Athlete: VAN DAELE JOSEFIEN			Q-time: 01:04:67
PB (50m pool): 01:04.67 Antwerpen 15/03/2026			PB (25m pool): 01:05.23 SB: 01:04.67 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:31.81	01:04.67	
	00:31.81	00:32.86	
			

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 16:35
Heat: 4/4 Lane : 8 Athlete: DELPORTE LOTTE			Q-time: 01:05:03
PB (50m pool): 01:03.54 Antwerpen 15/03/2026			PB (25m pool): 01:01.28 SB: 01:03.54 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:30.80	01:03.54	
	00:30.80	00:32.74	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:1, starttime: 16:37
Heat: 1/6 Lane : 3 Athlete: AMGHAR YOUNES			Q-time: 01:39:71
PB (50m pool): 01:39.71 LOCHRISTI 25/01/2026			PB (25m pool): 01:36.36 SB: 01:39.71 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:39.71	
	no time		
			

Coach feedback:

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

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 16:43
Heat: 3/6 Lane : 4 Athlete: VERHAGEN TOON			Q-time: 01:21:08
PB (50m pool): 01:13.88 Antwerpen 15/03/2026			PB (25m pool): 01:11.08 SB: 01:13.88 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.95	01:13.88	
	00:36.95	00:36.93	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 16:47
Heat: 5/6 Lane : 3 Athlete: EL BOUHDIDI ISLAM			Q-time: 01:11:76
PB (50m pool): 01:11.76 Lochristi 01/02/2026			PB (25m pool): 01:10.10 SB: 01:11.76 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:11.76	
	no time		
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 16:50
Heat: 6/6 Lane : 2 Athlete: VAN DE GENDER NILS			Q-time: 01:08:03
PB (50m pool): 01:08.03 Antwerp 02/02/2025			PB (25m pool): 01:04.85 SB: 01:10.45 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.01	01:08.03	
	00:33.01	00:35.02	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 16:50
Heat: 6/6 Lane : 7 Athlete: VERHAGEN ROBBE			Q-time: 01:08:65
PB (50m pool): 01:07.67 Antwerpen 15/03/2026			PB (25m pool): 01:05.25 SB: 01:07.67 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.14	01:07.67	
	00:33.14	00:34.53	
			

Coach feedback:

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

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:1, starttime: 16:52
Heat: 1/4 Lane : 2 Athlete: MARTENS WINNE			Q-time: 01:43:21
PB (50m pool): 01:43.21 LOCHRISTI 25/01/2026			PB (25m pool): 01:41.46 SB: 01:43.21 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:43.21	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:1, starttime: 16:52
Heat: 1/4 Lane : 3 Athlete: BOURFA SALMA			Q-time: 01:39:81
PB (50m pool): 01:39.81 LOCHRISTI 25/01/2026			PB (25m pool): 01:35.97 SB: 01:39.81 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:39.81	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:1, starttime: 16:52
Heat: 1/4 Lane : 7 Athlete: EL MAJOUDI ANISSA			Q-time: 01:47:13
PB (50m pool): 01:47.13 LOCHRISTI 25/01/2026			PB (25m pool): 01:45.10 SB: 01:47.13 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:47.13	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 16:55
Heat: 2/4 Lane : 2 Athlete: VERHULST AMBER			Q-time: 01:31:95
PB (50m pool): 01:31.95 LOCHRISTI 25/01/2026			PB (25m pool): 01:25.58 SB: 01:31.95 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:31.95	
	no time		
			

Coach feedback:

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

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 16:57
Heat: 3/4 Lane : 5 Athlete: DE BREUCK MARIE			Q-time: 01:24:42
PB (50m pool): 01:24.42 LOCHRISTI 25/01/2026			PB (25m pool): 01:20.80 SB: 01:24.42 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:24.42	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 16:57
Heat: 3/4 Lane : 8 Athlete: LIETAR LAURINE			Q-time: 01:26:80
PB (50m pool): 01:26.80 Antwerp 02/02/2025			PB (25m pool): 01:21.53 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.86	01:26.80	
	00:42.86	00:43.94	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 17:00
Heat: 4/4 Lane : 2 Athlete: WULLAERT FIEN			Q-time: 01:17:64
PB (50m pool): 01:15.95 Antwerpen 15/03/2026			PB (25m pool): 01:14.65 SB: 01:15.95 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.96	01:15.95	
	00:37.96	00:37.99	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11+			Heat:1, starttime: 17:02
Heat: 1/3 Lane : 5 Athlete: COGEN ALEX			Q-time: 01:46:41
PB (50m pool): 01:46.41 WACHTEBEKE 19/01/2025			PB (25m pool): 01:32.85 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:46.41	
	no time		
			

Coach feedback:

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

Event number: 24: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 17:04
Heat: 2/3 Lane : 1 Athlete: QUAGHEBEUR STAN			Q-time: 01:39:86
PB (50m pool): 01:39.86 WACHTEBEKE 19/01/2025			PB (25m pool): 01:27.62 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:39.86	
	no time		
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 17:04
Heat: 2/3 Lane : 2 Athlete: VERHAGEN MIEL			Q-time: 01:37:73
PB (50m pool): no time			PB (25m pool): 01:37.73 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 17:07
Heat: 3/3 Lane : 4 Athlete: ORBAN OLIVIER			Q-time: 01:05:84
PB (50m pool): 01:05.84 Antwerp 09/02/2025			PB (25m pool): 01:02.36 SB: 01:08.20 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:31.36	01:05.84	
	00:31.36	00:34.48	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 17:12
Heat: 2/5 Lane : 3 Athlete: DE HERT JANNE			Q-time: 01:48:69
PB (50m pool): no time			PB (25m pool): 01:48.69 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 17:12
Heat: 2/5 Lane : 5 Athlete: VERCAUTEREN LIENA			Q-time: 01:46:85
PB (50m pool): no time			PB (25m pool): 01:46.85 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:2, starttime: 17:12
Heat: 2/5 Lane : 6 Athlete: JANSSENS STERRE			Q-time: 01:49:44
PB (50m pool): 01:49.44 Lochristi 01/02/2026			PB (25m pool): 01:47.67 SB: 01:49.44 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:49.44	
	no time		
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 17:12
Heat: 2/5 Lane : 7 Athlete: SMET LIM			Q-time: 01:52:66
PB (50m pool): no time			PB (25m pool): 01:52.66 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 : 5 Athlete: VAN HUL EMMA			Q-time: 01:36:48
PB (50m pool): 01:36.48 WACHTEBEKE 19/01/2025			PB (25m pool): 01:31.02 SB: 01:36.94 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	no time	01:36.48	
	no time		
			

Coach feedback:

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

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 17:16
Heat: 4/5 Lane : 2 Athlete: HEBB MINNE			Q-time: 01:33:15
PB (50m pool): 01:33.15 Gent 08/02/2026			PB (25m pool): 01:27.92 SB: 01:33.15 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:43.70	01:33.15	
	00:43.70	00:49.45	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 17:16
Heat: 4/5 Lane : 4 Athlete: VERHULST JENTE			Q-time: 01:31:80
PB (50m pool): 01:31.80 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:26.40 SB: 01:32.19 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:42.80	01:31.80	
	00:42.80	00:49.00	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 17:16
Heat: 4/5 Lane : 8 Athlete: VERHULST NOOR			Q-time: 01:33:58
PB (50m pool): 01:33.58 Gent 08/02/2026			PB (25m pool): 01:32.10 SB: 01:33.58 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:45.11	01:33.58	
	00:45.11	00:48.47	
			

Coach feedback:

Event number: 27: 100M BUTTERFLY WOMEN 11+			Heat:1, starttime: 17:27
Heat: 1/2 Lane : 4 Athlete: PUNZO MICHELLE			Q-time: 01:22:03
PB (50m pool): 01:18.62 Antwerpen 15/03/2026			PB (25m pool): 01:17.56 SB: 01:18.62 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.11	01:18.62	
	00:37.11	00:41.51	
			

Coach feedback: