

Limietenwedstrijd: Session: 1: COACH evaluation sheet for TEAM: FIRST

Coachinfo: Warming up from: 10:00 untill 10:45. Teamleadmeeting @ 10:45 The listed starttimes are indicative!

Coaches: Mathys Jana

Coaches: Vanden Bavière Erika HEADCOACH

Coaches: De Noble Chloë

Coaches: De Noble Naomi

Coaches: Slos Robbie

PB => Personal Best time

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

Event number: 1: 200M MEDLEY WOMEN 11-12							Heat:2, starttime: 11:04	
Heat: 2/2 Lane : 3 Athlete: SUY NORA							Q-time: 03:04:00	
PB (25m pool): 03:04.00 Sint-Niklaas 28/12/2025				PB (50m pool): 03:09.27 SB: 03:04.00 Sint-Niklaas 28/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.07		no time		no time		03:04.00
	00:39.07							
								

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 13-14					Heat:3, starttime: 11:22	
Heat: 3/5 Lane : 2 Athlete: NGABO ANNABELLE					Q-time: 01:13:80	
PB (25m pool): 01:15.72 Temse 21/12/2025			PB (50m pool): 01:13.80 SB: 01:15.72 Temse 21/12/2025			
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:36.66		01:15.72		
	00:36.66		00:39.06			
						

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 13-14					Heat:3, starttime: 11:22	
Heat: 3/5 Lane : 5 Athlete: VANCAYZEELE MARGAUX					Q-time: 01:11:01	
PB (25m pool): 01:11.01 TEMSE 23/11/2025			PB (50m pool): 01:11.74SB: 01:11.01 TEMSE 23/11/2025			
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:33.98		01:11.01		
	00:33.98		00:37.03			
						

Coach feedback:

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Event number: 4: 100M FREESTYLE MEN 13-14					Heat:3, starttime: 11:31
Heat: 3/3 Lane : 1 Athlete: DE CHAMPS LOÏC					Q-time: 01:06:62
PB (25m pool): 01:06.62 Temse 21/12/2025			PB (50m pool): 01:09.85 SB: 01:06.62 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.15		01:06.62	
	00:32.15		00:34.47		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 13-14					Heat:2, starttime: 11:40
Heat: 2/2 Lane : 1 Athlete: CASTEUR NICOLAS					Q-time: 01:33:07
PB (25m pool): 01:33.85 Sint-Niklaas 28/12/2025			PB (50m pool): 01:33.07 SB: 01:33.85 Sint-Niklaas 28/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.11		01:33.85	
	00:44.11		00:49.74		
					

Coach feedback:

Event number: 10: 400M FREESTYLE MEN 11-12							Heat:2, starttime: 12:18	
Heat: 2/2 Lane : 7 Athlete: COESSENS KOBE							Q-time: 05:43:08	
PB (25m pool): 05:43.08 Sint-Niklaas 11/01/2026			PB (50m pool): 05:54.00SB: 05:43.08 Sint-Niklaas 11/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:20.34		no time		02:47.91
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:43.08
								

Coach feedback:

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Event number: 11: 100M BUTTERFLY WOMEN 13-14					Heat:2, starttime: 12:28
Heat: 2/2 Lane : 1 Athlete: NGABO ANNABELLE					Q-time: 01:27:32
PB (25m pool): 01:32.07 Sint-Niklaas 11/01/2026			PB (50m pool): 01:27.32 SB: 01:32.07 Sint-Niklaas 11/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.65		01:32.07	
	00:42.65		00:49.42		
					

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 13-14					Heat:2, starttime: 12:28
Heat: 2/2 Lane : 8 Athlete: VANCAYZEELE MARGAUX					Q-time: 01:28:51
PB (25m pool): 01:33.54 Gent 23/02/2025			PB (50m pool): 01:28.51 SB: 01:35.70 TEMSE 23/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.60		01:33.54	
	00:40.60		00:52.94		
					

Coach feedback:

Event number: 12: 100M BUTTERFLY MEN 13-14					Heat:2, starttime: 12:32
Heat: 2/2 Lane : 3 Athlete: DE CHAMPS LOÏC					Q-time: 01:18:10
PB (25m pool): 01:18.10 Sint-Niklaas 28/12/2025			PB (50m pool): 01:19.10 SB: 01:18.10 Sint-Niklaas 28/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.76		01:18.10	
	00:35.76		00:42.34		
					

Coach feedback:

Event number: 12: 100M BUTTERFLY MEN 13-14					Heat:2, starttime: 12:32
Heat: 2/2 Lane : 7 Athlete: CASTEUR NICOLAS					Q-time: 01:23:69
PB (25m pool): 01:29.44 TEMSE 23/11/2025			PB (50m pool): 01:23.69 SB: 01:29.44 TEMSE 23/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.38		01:29.44	
	00:40.38		00:49.06		
					

Coach feedback: