

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

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

Coaches: Lammens Tim

Coaches: Van Mieghem Evelien HEADCOACH

PB => Personal Best time

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

Event number: 1: 200M MEDLEY WOMEN 11-12							Heat:1, starttime: 11:00	
Heat: 1/2 Lane : 5 Athlete: ROGIERS LOTTE							Q-time: 03:22:65	
PB (25m pool): 03:22.65 T ROSCO 12/10/2025				PB (50m pool): 03:23.35 SB: 03:22.65 T ROSCO 12/10/2025				
	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		00:44.72		01:35.89		02:37.07		03:22.65
	00:44.72		00:51.17		01:01.18		00:45.58	
								

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11-12							Heat:1, starttime: 11:00	
Heat: 1/2 Lane : 7 Athlete: LAMMENS YELISA							Q-time: 03:38:78	
PB (25m pool): no time				PB (50m pool): 03:37.37 SB: no time				
	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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11-12							Heat:1, starttime: 11:00	
Heat: 1/2 Lane : 8 Athlete: DE NIL KAAT							Q-time: 03:48:61	
PB (25m pool): 03:48.61 T ROSCO 12/10/2025				PB (50m pool): 03:44.87 SB: 03:48.61 T ROSCO 12/10/2025				
	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		00:59.43		01:53.13		02:54.50		03:48.61
	00:59.43		00:53.70		01:01.37		00:54.11	
								

Coach feedback:

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Event number: 2: 200M MEDLEY MEN 11-12							Heat:1, starttime: 11:09	
Heat: 1/2 Lane : 4 Athlete: VAN DEN BORRE AARON							Q-time: 03:41:12	
PB (25m pool): 03:41.12 Durmehal 28/02/2026				PB (50m pool): 03:36.85SB: 03:41.12 Durmehal 28/02/2026				
	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		00:54.82		01:50.74		02:52.45		03:41.12
	00:54.82		00:55.92		01:01.71		00:48.67	
								

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 13-14							Heat:1, starttime: 11:18	
Heat: 1/5 Lane : 4 Athlete: NEETESONNE LOTTE							Q-time: 01:28:41	
PB (25m pool): no time				PB (50m pool): 01:28.41 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		no time		no time				
	no time							
								

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 13-14							Heat:2, starttime: 11:20	
Heat: 2/5 Lane : 7 Athlete: VAN ACHTER JUNE							Q-time: 01:27:69	
PB (25m pool): 01:27.69 Temse 21/12/2025				PB (50m pool): 01:30.86SB: 01:27.69 Temse 21/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:42.54		01:27.69				
	00:42.54		00:45.15					
								

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 13-14							Heat:3, starttime: 11:31	
Heat: 3/3 Lane : 3 Athlete: ROGIERS LOUIS							Q-time: 01:04:39	
PB (25m pool): 01:04.39 Durmehal 28/02/2026				PB (50m pool): 01:06.84 SB: 01:04.39 Durmehal 28/02/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:31.02		01:04.39				
	00:31.02		00:33.37					
								

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN 13-14					Heat:2, starttime: 11:35
Heat: 2/2 Lane : 2 Athlete: LAMMENS ALIX					Q-time: 01:30:59
PB (25m pool): 01:30.59 Temse 17/11/2025			PB (50m pool): 01:33.99 SB: 01:30.59 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.40		01:30.59	
	00:43.40		00:47.19		
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 13-14					Heat:1, starttime: 11:43
Heat: 1/3 Lane : 1 Athlete: NEETESONNE LOTTE					Q-time: 01:39:77
PB (25m pool): no time			PB (50m pool): 01:39.77 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 13-14					Heat:1, starttime: 11:43
Heat: 1/3 Lane : 2 Athlete: VAN ACHTER JUNE					Q-time: 01:33:96
PB (25m pool): 01:33.96 Temse 21/12/2025			PB (50m pool): 01:37.71 SB: 01:33.96 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.84		01:33.96	
	00:46.84		00:47.12		
					

Coach feedback:

Event number: 9: 400M FREESTYLE WOMEN 11-12							Heat:1, starttime: 11:55	
Heat: 1/2 Lane : 2 Athlete: DE NIL KAAT							Q-time: 06:50:46	
PB (25m pool): 06:50.46 Dendermonde. 22/11/2025			PB (50m pool): 06:53.93SB: 06:50.46 Dendermonde. 22/11/2025					
	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		00:43.41		01:35.20		no time		03:21.08
	00:43.41		00:51.79					
								
	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		06:50.46
								

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Event number: 9: 400M FREESTYLE WOMEN 11-12							Heat:1, starttime: 11:55	
Heat: 1/2 Lane : 5 Athlete: ROGIERS LOTTE							Q-time: 06:24:31	
PB (25m pool): 06:24.31 T ROSCO 12/10/2025				PB (50m pool): 06:19.62SB: 06:24.31 T ROSCO 12/10/2025				
	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		00:44.26		01:31.41		02:19.61		03:07.91
	00:44.26		00:47.15		00:48.20		00:48.30	
								
	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		03:57.63		04:46.85		05:36.69		06:24.31
	00:49.72		00:49.22		00:49.84		00:47.62	
								

Coach feedback:

Event number: 9: 400M FREESTYLE WOMEN 11-12							Heat:1, starttime: 11:55	
Heat: 1/2 Lane : 6 Athlete: LAMMENS YELISA							Q-time: 06:35:33	
PB (25m pool): no time			PB (50m pool): 06:35.33SB: no time					
	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		no time		no time		no time
	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		no time
								

Coach feedback:

Event number: 10: 400M FREESTYLE MEN 11-12							Heat:1, starttime: 12:10	
Heat: 1/2 Lane : 2 Athlete: VAN DEN BORRE AARON							Q-time: 07:31:02	
PB (25m pool): no time			PB (50m pool): 07:31.02SB: no time					
	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		no time		no time		no time
	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		no time
	...	...	...	...	...	...	...	...

Coach feedback:

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

Event number: 11: 100M BUTTERFLY WOMEN 13-14					Heat:2, starttime: 12:28
Heat: 2/2 Lane : 3 Athlete: LAMMENS ALIX					Q-time: 01:17:06
PB (25m pool): 01:17.06 Sint-Niklaas 28/12/2025					PB (50m pool): 01:18.39 SB: 01:17.06 Sint-Niklaas 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.56		01:17.06	
	00:35.56		00:41.50		
					

Coach feedback:

Event number: 12: 100M BUTTERFLY MEN 13-14					Heat:2, starttime: 12:32
Heat: 2/2 Lane : 4 Athlete: ROGIERS LOUIS					Q-time: 01:14:27
PB (25m pool): 01:14.27 Durmehal 28/02/2026					PB (50m pool): 01:17.91 SB: 01:14.27 Durmehal 28/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.57		01:14.27	
	00:34.57		00:39.70		
					

Coach feedback: