

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

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

Coaches: Hanssens Yash

Coaches: Guldentops Kevin

Coaches: Verluyten Philippe

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 : 4 Athlete: DERRE FLEUR							Q-time: 02:42:16	
PB (25m pool): 02:42.16 Temse 17/11/2025							PB (50m pool): 02:41.56 SB: 02:42.16 Temse 17/11/2025	
	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		00:36.08		01:16.37		02:03.88		02:42.16
	00:36.08		00:40.29		00:47.51		00:38.28	
								

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11-12							Heat:2, starttime: 11:04	
Heat: 2/2 Lane : 7 Athlete: LALOO FÉLINE							Q-time: 03:08:64	
PB (25m pool): 03:08.64 Durmechal 28/02/2026							PB (50m pool): 03:12.86 SB: 03:08.64 Durmechal 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		00:42.24		01:29.81		02:26.60		03:08.64
	00:42.24		00:47.57		00:56.79		00:42.04	
								

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 13-14							Heat:5, starttime: 11:25	
Heat: 5/5 Lane : 2 Athlete: VAN BUNDER INEZ							Q-time: 01:03:56	
PB (25m pool): 01:03.56 T ROSCO 12/10/2025							PB (50m pool): 01:04.36SB: 01:03.56 T ROSCO 12/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:31.03		01:03.56				
	00:31.03		00:32.53					
								

Coach feedback:

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Event number: 3: 100M FREESTYLE WOMEN 13-14					Heat:5, starttime: 11:25
Heat: 5/5 Lane : 4 Athlete: DE JONG SUZAN					Q-time: 01:01:07
PB (25m pool): 01:01.07 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:03.06 SB: 01:01.07 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.54		01:01.07	
	00:29.54		00:31.53		
					

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 13-14					Heat:5, starttime: 11:25
Heat: 5/5 Lane : 5 Athlete: DEBRABANDERE LEONIE					Q-time: 01:03:16
PB (25m pool): 01:03.16 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:04.13 SB: 01:03.16 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.40		01:03.16	
	00:30.40		00:32.76		
					

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 13-14					Heat:5, starttime: 11:25
Heat: 5/5 Lane : 6 Athlete: VERLUYTEN NIENE					Q-time: 01:03:38
PB (25m pool): 01:03.38 Temse 21/12/2025 PB (50m pool): 01:05.14 SB: 01:03.38 Temse 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.29		01:03.38	
	00:30.29		00:33.09		
					

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 13-14					Heat:1, starttime: 11:27
Heat: 1/3 Lane : 4 Athlete: EVERAERT MATTHIEU					Q-time: 01:16:99
PB (25m pool): 01:16.99 Temse 21/12/2025 PB (50m pool): 01:13.71 SB: 01:16.99 Temse 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.05		01:16.99	
	00:37.05		00:39.94		
					

Coach feedback:

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Event number: 4: 100M FREESTYLE MEN 13-14					Heat:3, starttime: 11:31
Heat: 3/3 Lane : 6 Athlete: KARER MALIK					Q-time: 01:05:91
PB (25m pool): 01:05.91 Temse 21/12/2025					PB (50m pool): 01:06.74 SB: 01:05.91 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.06		01:05.91	
	00:32.06		00:33.85		
					

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 13-14					Heat:3, starttime: 11:31
Heat: 3/3 Lane : 8 Athlete: AERENS JEF					Q-time: 01:06:69
PB (25m pool): 01:06.69 Temse 21/12/2025					PB (50m pool): 01:07.90 SB: 01:06.69 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.90		01:06.69	
	00:31.90		00:34.79		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 13-14					Heat:2, starttime: 11:40
Heat: 2/2 Lane : 2 Athlete: AERENS JEF					Q-time: 01:22:82
PB (25m pool): 01:22.82 Durmechal 28/02/2026					PB (50m pool): 01:26.50 SB: 01:22.82 Durmechal 28/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.02		01:22.82	
	00:39.02		00:43.80		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 13-14					Heat:2, starttime: 11:40
Heat: 2/2 Lane : 5 Athlete: KARER MALIK					Q-time: 01:17:63
PB (25m pool): 01:17.63 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:20.65 SB: 01:17.63 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.44		01:17.63	
	00:36.44		00:41.19		
					

Coach feedback:

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Event number: 7: 100M BACKSTROKE WOMEN 13-14					Heat:3, starttime: 11:48
Heat: 3/3 Lane : 2 Athlete: DEBRABANDERE LEONIE					Q-time: 01:14:11
PB (25m pool): 01:14.11 T ROSCO 12/10/2025					PB (50m pool): 01:15.92 SB: 01:14.11 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.62		01:14.11	
	00:36.62		00:37.49		
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 13-14					Heat:3, starttime: 11:48
Heat: 3/3 Lane : 4 Athlete: DE JONG SUZAN					Q-time: 01:06:83
PB (25m pool): 01:06.83 Temse 21/12/2025					PB (50m pool): 01:09.11 SB: 01:06.83 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.34		01:06.83	
	00:32.34		00:34.49		
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 13-14					Heat:3, starttime: 11:48
Heat: 3/3 Lane : 5 Athlete: VERLUYTEN NIENE					Q-time: 01:08:79
PB (25m pool): 01:08.79 Temse 17/11/2025					PB (50m pool): 01:10.75 SB: 01:08.79 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.49		01:08.79	
	00:33.49		00:35.30		
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 13-14					Heat:3, starttime: 11:48
Heat: 3/3 Lane : 6 Athlete: VAN BUNDER INEZ					Q-time: 01:13:05
PB (25m pool): 01:13.05 Durmehal 28/02/2026					PB (50m pool): 01:17.24 SB: 01:13.05 Durmehal 28/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.99		01:13.05	
	00:35.99		00:37.06		
					

Coach feedback:

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Event number: 9: 400M FREESTYLE WOMEN 11-12							Heat:1, starttime: 11:55	
Heat: 1/2 Lane : 3 Athlete: LALOO FÉLINE							Q-time: 06:26:85	
PB (25m pool): 06:26.85 Tremelo 25/05/2025				PB (50m pool): no time SB: 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		01:30.92		no time		03:11.24
	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		06:26.85
								

Coach feedback:

Event number: 9: 400M FREESTYLE WOMEN 11-12							Heat:2, starttime: 12:02	
Heat: 2/2 Lane : 4 Athlete: DERRE FLEUR							Q-time: 05:25:75	
PB (25m pool): 05:26.20 Tremelo 25/05/2025				PB (50m pool): 05:21.74SB: 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		01:18.53		no time		02:42.23
	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		05:26.20
								

Coach feedback:

Event number: 9: 400M FREESTYLE WOMEN 11-12							Heat:2, starttime: 12:02	
Heat: 2/2 Lane : 7 Athlete: FOUBERT SANNE							Q-time: 05:49:32	
PB (25m pool): 05:49.32 T ROSCO 12/10/2025				PB (50m pool): no time SB: 05:49.32 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		00:39.11		01:22.21		02:06.86		02:52.07
	00:39.11		00:43.10		00:44.65		00:45.21	
								
	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		03:37.06		04:22.48		05:07.45		05:49.32
	00:44.99		00:45.42		00:44.97		00:41.87	
								

Coach feedback:

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Event number: 10: 400M FREESTYLE MEN 11-12							Heat:1, starttime: 12:10	
Heat: 1/2 Lane : 7 Athlete: EL BOUJADDAYNI YAHYA							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: 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:2, starttime: 12:18	
Heat: 2/2 Lane : 1 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN							Q-time: 05:49:60	
PB (25m pool): 05:49.60 T ROSCO 12/10/2025			PB (50m pool): no time SB: 05:49.60 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		00:39.37		01:23.05		02:08.36		02:53.97
	00:39.37		00:43.68		00:45.31		00:45.61	
								
	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		03:39.46		04:24.80		05:09.13		05:49.60
	00:45.49		00:45.34		00:44.33		00:40.47	
								

Coach feedback:

Event number: 12: 100M BUTTERFLY MEN 13-14					Heat:1, starttime: 12:30				
Heat: 1/2 Lane : 5 Athlete: EVERAERT MATTHIEU					Q-time: 01:28:48				
PB (25m pool): 01:28.48 Sint-Niklaas 28/12/2025					PB (50m pool): no time SB: 01:28.48 Sint-Niklaas 28/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M					
PB		00:42.22		01:28.48					
	00:42.22		00:46.26						
									

Coach feedback: