

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

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

Coaches: Vansteenland Annelies

Coaches: Bartholomeus Pieter HEADCOACH

Coaches: Van Landschoot Gwendy

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 : 3 Athlete: WILS ESTELLE							Q-time: 03:23:02	
PB (25m pool): 03:23.02 DIKSMUIDE 30/11/2025							PB (50m pool): no time SB: 03:23.02 DIKSMUIDE 30/11/2025	
	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		00:48.17		01:39.37		02:33.91		03:23.02
	00:48.17		00:51.20		00:54.54		00:49.11	
								

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11-12							Heat:1, starttime: 11:00	
Heat: 1/2 Lane : 6 Athlete: JANSSEUNE LENA							Q-time: 03:28:70	
PB (25m pool): 03:28.70 DIKSMUIDE 30/11/2025							PB (50m pool): no time SB: 03:28.70 DIKSMUIDE 30/11/2025	
	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		00:48.99		01:43.30		02:43.21		03:28.70
	00:48.99		00:54.31		00:59.91		00:45.49	
								

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11-12							Heat:2, starttime: 11:04	
Heat: 2/2 Lane : 5 Athlete: LOWAGIE LILY							Q-time: 02:47:05	
PB (25m pool): 02:47.05 DIKSMUIDE 30/11/2025							PB (50m pool): 02:49.39 SB: 02:47.05 DIKSMUIDE 30/11/2025	
	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		00:39.10		01:23.04		02:10.04		02:47.05
	00:39.10		00:43.94		00:47.00		00:37.01	
								

Coach feedback:

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Event number: 2: 200M MEDLEY MEN 11-12							Heat:1, starttime: 11:09	
Heat: 1/2 Lane : 5 Athlete: GOETHALS LOWIE							Q-time: 03:59:00	
PB (25m pool): 03:59.00 Veurne 19/10/2025				PB (50m pool): no time SB: 03:59.00 Veurne 19/10/2025				
	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		00:56.76		no time		no time		03:59.00
	00:56.76							
								

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 13-14							Heat:3, starttime: 11:22	
Heat: 3/5 Lane : 4 Athlete: LOWAGIE LOLA							Q-time: 01:09:32	
PB (25m pool): 01:09.32 leper 04/01/2026				PB (50m pool): 01:09.48SB: 01:09.32 leper 04/01/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:33.96		01:09.32				
	00:33.96		00:35.36					
								

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 13-14										Heat:3, starttime: 11:22	
Heat: 3/5 Lane : 6 Athlete: DEYLGAT COSETTE										Q-time: 01:12:71	
PB (25m pool): 01:14.29 leper 04/01/2026					PB (50m pool): 01:12.71 SB: 01:14.29 leper 04/01/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:36.22				01:14.29				
	00:36.22				00:38.07						
											

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 13-14							Heat:3, starttime: 11:31	
Heat: 3/3 Lane : 7 Athlete: VANDOOREN LOU							Q-time: 01:06:54	
PB (25m pool): 01:06.54 Temse 17/11/2025				PB (50m pool): 01:06.63SB: 01:06.54 Temse 17/11/2025				
PB	2 5 M	5 0 M	7 5 M	1 0 0 M				
		00:32.06		01:06.54				
	00:32.06		00:34.48					
								

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN 13-14					Heat:2, starttime: 11:35
Heat: 2/2 Lane : 3 Athlete: GERMONPRé CÉZANNE					Q-time: 01:27:96
PB (25m pool): 01:27.96 Diksmuide 08/02/2026					PB (50m pool): 01:32.30 SB: 01:27.96 Diksmuide 08/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.19		01:27.96	
		00:42.19		00:45.77	
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 13-14					Heat:2, starttime: 11:46
Heat: 2/3 Lane : 1 Athlete: LOWAGIE LOLA					Q-time: 01:21:86
PB (25m pool): 01:22.06 Diksmuide 28/12/2025					PB (50m pool): 01:21.86 SB: 01:22.06 Diksmuide 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.98		01:22.06	
		00:39.98		00:42.08	
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 13-14					Heat:2, starttime: 11:46
Heat: 2/3 Lane : 2 Athlete: DEYLGAT COSETTE					Q-time: 01:20:36
PB (25m pool): 01:20.36 Diksmuide 28/12/2025					PB (50m pool): 01:22.89 SB: 01:20.36 Diksmuide 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.58		01:20.36	
		00:39.58		00:40.78	
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 13-14					Heat:2, starttime: 11:46
Heat: 2/3 Lane : 7 Athlete: BARTHOLOMEUS FLORIANNE					Q-time: 01:20:65
PB (25m pool): 01:21.44 Diksmuide 28/12/2025					PB (50m pool): 01:20.65 SB: 01:21.44 Diksmuide 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.71		01:21.44	
		00:40.71		00:40.73	
					

Coach feedback:

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Event number: 8: 100M BACKSTROKE MEN 13-14					Heat:2, starttime: 11:53
Heat: 2/2 Lane : 1 Athlete: VANDOOREN LOU					Q-time: 01:18:66
PB (25m pool): 01:18.66 Temse 17/11/2025					PB (50m pool): 01:17.90 SB: 01:18.66 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.31		01:18.66	
	00:38.31		00:40.35		
					

Coach feedback:

Event number: 9: 400M FREESTYLE WOMEN 11-12							Heat:2, starttime: 12:02	
Heat: 2/2 Lane : 1 Athlete: NEYRINCK ELODY							Q-time: 06:12:20	
PB (25m pool): 06:12.20 DIKSMUIDE 30/11/2025				PB (50m pool): no time SB: 06:12.20 DIKSMUIDE 30/11/2025				
	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		00:42.29		01:28.84		02:15.86		03:04.85
	00:42.29		00:46.55		00:47.02		00:48.99	
								
	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		03:52.81		04:42.22		05:29.62		06:12.20
	00:47.96		00:49.41		00:47.40		00:42.58	
								

Coach feedback: