

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

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

Coaches: Kindt Joachim HEADCOACH

PB => Personal Best time

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

Event number: 3: 100M FREESTYLE WOMEN 13-14

Heat:3, starttime: 11:22

Heat: 3/5 Lane : 7 Athlete: JACOB EMMA

Q-time: 01:15:47

PB (25m pool): 01:16.79 Sint-Amandsberg 19/10/2025

PB (50m pool): 01:15.47 SB: 01:16.79 Sint-Amandsberg 19/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.88		01:16.79	
		00:36.88		00:39.91	
					

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 13-14

Heat:3, starttime: 11:22

Heat: 3/5 Lane : 8 Athlete: BADIDI CHAHD

Q-time: 01:15:66

PB (25m pool): 01:15.66 Sint-Niklaas 11/01/2026

PB (50m pool): 01:16.08 SB: 01:15.66 Sint-Niklaas 11/01/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.66		01:15.66	
		00:36.66		00:39.00	
					

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 13-14

Heat:4, starttime: 11:24

Heat: 4/5 Lane : 5 Athlete: DE SMET LILY

Q-time: 01:05:92

PB (25m pool): 01:05.92 Gent 23/02/2025

PB (50m pool): 01:07.55 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.44		01:05.92	
		00:31.44		00:34.48	
					

Coach feedback:

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Event number: 3: 100M FREESTYLE WOMEN 13-14					Heat:5, starttime: 11:25
Heat: 5/5 Lane : 7 Athlete: BAYENS NINA					Q-time: 01:04:18
PB (25m pool): 01:04.18 TEMSE 18/05/2025					PB (50m pool): 01:04.96 SB: 01:04.97 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.71		01:04.18	
	00:30.71		00:33.47		
					

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 13-14					Heat:1, starttime: 11:27
Heat: 1/3 Lane : 5 Athlete: DE RIDDER LEON					Q-time: 01:19:54
PB (25m pool): 01:19.54 Eeklo 21/04/2025					PB (50m pool): 01:20.65 SB: 01:20.73 Sint-Niklaas 11/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.67		01:19.54	
	00:37.67		00:41.87		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 13-14					Heat:1, starttime: 11:33
Heat: 1/2 Lane : 5 Athlete: BADIDI CHAHD					Q-time: 01:47:19
PB (25m pool): 01:44.82 Sinbad 14/01/2024					PB (50m pool): 01:47.19 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:44.82	
	no time				
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 13-14					Heat:2, starttime: 11:35
Heat: 2/2 Lane : 4 Athlete: LEGRAND ALICIA					Q-time: 01:20:22
PB (25m pool): 01:23.89 Sint-Niklaas 11/01/2026					PB (50m pool): 01:20.22 SB: 01:23.89 Sint-Niklaas 11/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.18		01:23.89	
	00:40.18		00:43.71		
					

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN 13-14					Heat:2, starttime: 11:35
Heat: 2/2 Lane : 5 Athlete: VAN NIEUWENHUYSE LOTTE					Q-time: 01:27:53
PB (25m pool): 01:27.53 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:28.22 SB: 01:27.53 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.15		01:27.53	
	00:41.15		00:46.38		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 13-14					Heat:2, starttime: 11:40
Heat: 2/2 Lane : 3 Athlete: TER-EGANYAN ARMAN					Q-time: 01:21:73
PB (25m pool): 01:23.57 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:21.73 SB: 01:23.57 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.61		01:23.57	
	00:39.61		00:43.96		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 13-14					Heat:2, starttime: 11:40
Heat: 2/2 Lane : 4 Athlete: WALTNIEL BAVO					Q-time: 01:16:89
PB (25m pool): 01:18.78 Sint-Niklaas 11/01/2026			PB (50m pool): 01:16.89 SB: 01:18.78 Sint-Niklaas 11/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.63		01:18.78	
	00:37.63		00:41.15		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 13-14					Heat:2, starttime: 11:40
Heat: 2/2 Lane : 6 Athlete: DE DONDER THOR					Q-time: 01:22:58
PB (25m pool): 01:22.68 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:22.58 SB: 01:22.68 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.75		01:22.68	
	00:39.75		00:42.93		
					

Coach feedback:

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Event number: 7: 100M BACKSTROKE WOMEN 13-14					Heat:1, starttime: 11:43
Heat: 1/3 Lane : 5 Athlete: JACOB EMMA					Q-time: 01:28:44
PB (25m pool): 01:28.44 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:29.14 SB: 01:28.44 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.30		01:28.44	
	00:44.30		00:44.14		
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 13-14					Heat:2, starttime: 11:46
Heat: 2/3 Lane : 4 Athlete: OSSELAER GEIKE					Q-time: 01:16:85
PB (25m pool): 01:16.87 Temse 17/11/2025					PB (50m pool): 01:16.85 SB: 01:16.87 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.77		01:16.87	
	00:37.77		00:39.10		
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 13-14					Heat:2, starttime: 11:46
Heat: 2/3 Lane : 8 Athlete: BADIDI CHAHD					Q-time: 01:26:16
PB (25m pool): 01:26.16 Sint-Niklaas 11/01/2026					PB (50m pool): 01:28.54 SB: 01:26.16 Sint-Niklaas 11/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.04		01:26.16	
	00:43.04		00:43.12		
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 13-14					Heat:3, starttime: 11:48
Heat: 3/3 Lane : 1 Athlete: DE SMET LILY					Q-time: 01:15:21
PB (25m pool): 01:15.21 Temse 17/11/2025					PB (50m pool): 01:18.19 SB: 01:15.21 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.14		01:15.21	
	00:36.14		00:39.07		
					

Coach feedback:

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

Event number: 8: 100M BACKSTROKE MEN 13-14					Heat:1, starttime: 11:50
Heat: 1/2 Lane : 2 Athlete: DE RIDDER LEON					Q-time: 01:22:91
PB (25m pool): 01:22.91 TEMSE 18/05/2025			PB (50m pool): 01:24.81 SB: 01:24.56 Sint-Niklaas 11/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.19		01:22.91	
	00:40.19		00:42.72		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 13-14					Heat:2, starttime: 11:53
Heat: 2/2 Lane : 2 Athlete: WALTNIEL BAVO					Q-time: 01:17:95
PB (25m pool): 01:21.68 Lokeren 28/09/2025			PB (50m pool): 01:17.95 SB: 01:21.68 Lokeren 28/09/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.69		01:21.68	
	00:40.69		00:40.99		
					

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 13-14					Heat:1, starttime: 12:25
Heat: 1/2 Lane : 3 Athlete: JACOB EMMA					Q-time: 02:01:08
PB (25m pool): no time			PB (50m pool): 02:01.08 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: 11: 100M BUTTERFLY WOMEN 13-14					Heat:2, starttime: 12:28
Heat: 2/2 Lane : 5 Athlete: BAYENS NINA					Q-time: 01:15:89
PB (25m pool): 01:15.89 Temse 17/11/2025			PB (50m pool): 01:17.59 SB: 01:15.89 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.21		01:15.89	
	00:35.21		00:40.68		
					

Coach feedback:

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Event number: 12: 100M BUTTERFLY MEN 13-14				Heat:2, starttime: 12:32	
Heat: 2/2 Lane : 2 Athlete: DE DONDER THOR				Q-time: 01:22:86	
PB (25m pool): 01:29.22 Sinbad 05/10/2025				PB (50m pool): 01:22.86 SB: 01:29.22 Sinbad 05/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.94		01:29.22	
	00:40.94		00:48.28		
					

Coach feedback: