

Limietenwedstrijd: Session: 2: COACH evaluation sheet for TEAM: FIRST

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ 13:45 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: 14: 100M FREESTYLE MEN 15+					Heat:1, starttime: 14:05
Heat: 1/7 Lane : 6 Athlete: MINNOYE TIEBE					Q-time: 01:09:08
PB (25m pool): 01:09.08 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:11.43 SB: 01:09.08 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.89		01:09.08	
	00:32.89		00:36.19		
					

Coach feedback:

Event number: 14: 100M FREESTYLE MEN 15+					Heat:3, starttime: 14:09
Heat: 3/7 Lane : 1 Athlete: EL GHAZALI ADAM					Q-time: 01:02:79
PB (25m pool): 01:02.79 Temse 21/12/2025					PB (50m pool): 01:05.21 SB: 01:02.79 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.94		01:02.79	
	00:29.94		00:32.85		
					

Coach feedback:

Event number: 14: 100M FREESTYLE MEN 15+					Heat:4, starttime: 14:10
Heat: 4/7 Lane : 3 Athlete: DE CRAENE MATTHIS					Q-time: 00:59:85
PB (25m pool): 00:59.85 TEMSE 23/11/2025					PB (50m pool): 01:00.50 SB: 00:59.85 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.78		00:59.85	
	00:29.78		00:30.07		
					

Coach feedback:

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Event number: 14: 100M FREESTYLE MEN 15+					Heat:5, starttime: 14:12
Heat: 5/7 Lane : 7 Athlete: DEGRANDE LARS					Q-time: 00:57:85
PB (25m pool): 00:57.85 Temse 21/12/2025					PB (50m pool): 01:00.29 SB: 00:57.85 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.78		00:57.85	
	00:27.78		00:30.07		
					

Coach feedback:

Event number: 14: 100M FREESTYLE MEN 15+					Heat:6, starttime: 14:13
Heat: 6/7 Lane : 1 Athlete: VANCAYZEELE THIBAU					Q-time: 00:56:41
PB (25m pool): 00:56.41 Sint-Amandsberg 19/10/2025					PB (50m pool): 00:57.83 SB: 00:56.41 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.38		00:56.41	
	00:27.38		00:29.03		
					

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN					Heat:1, starttime: 14:29			
Heat: 1/4 Lane : 4 Athlete: DE KEIJSER RAF					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	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: 16: 200M BREASTSTROKE MEN					Heat:1, starttime: 14:29			
Heat: 1/4 Lane : 5 Athlete: DE KEIJSER STAF					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	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:

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Event number: 18: 100M BACKSTROKE MEN 15+					Heat:2, starttime: 14:51
Heat: 2/3 Lane : 6 Athlete: VANCAYZEELE THIBAU					Q-time: 01:09:13
PB (25m pool): 01:09.13 Temse 21/12/2025			PB (50m pool): 01:13.99 SB: 01:09.13 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.61		01:09.13	
	00:33.61		00:35.52		
					

Coach feedback:

Event number: 19: 200M MEDLEY WOMEN 13-14							Heat:1, starttime: 14:55	
Heat: 1/4 Lane : 5 Athlete: DEPESTELE GITTE							Q-time: 03:26:65	
PB (25m pool): 03:45.79 Sinbad 16/03/2025				PB (50m pool): 03:26.65SB: 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		00:50.92		no time		no time		03:45.79
	00:50.92							
								

Coach feedback:

Event number: 19: 200M MEDLEY WOMEN 13-14							Heat:2, starttime: 14:59	
Heat: 2/4 Lane : 3 Athlete: NGABO ANNABELLE							Q-time: 03:03:80	
PB (25m pool): 03:08.98 Sinbad 05/10/2025				PB (50m pool): 03:01.47 SB: 03:08.98 Sinbad 05/10/2025				
	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		00:41.09		no time		no time		03:08.98
	00:41.09							
								

Coach feedback:

Event number: 19: 200M MEDLEY WOMEN 13-14							Heat:2, starttime: 14:59	
Heat: 2/4 Lane : 4 Athlete: VANCAYZEELE MARGAUX							Q-time: 02:59:23	
PB (25m pool): 03:10.08 Sinbad 16/03/2025				PB (50m pool): 02:59.23SB: 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		00:45.92		no time		no time		03:10.08
	00:45.92							
								

Coach feedback:

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Event number: 20: 200M MEDLEY MEN 13-14							Heat:1, starttime: 15:10	
Heat: 1/3 Lane : 3 Athlete: DE CRAENE NATHEN							Q-time: 03:52:99	
PB (25m pool): no time			PB (50m pool): 03:52.99 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: 20: 200M MEDLEY MEN 13-14							Heat:2, starttime: 15:15	
Heat: 2/3 Lane : 5 Athlete: CASTEUR NICOLAS							Q-time: 02:54:82	
PB (25m pool): no time			PB (50m pool): 02:51.98 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: 20: 200M MEDLEY MEN 13-14							Heat:3, starttime: 15:18	
Heat: 3/3 Lane : 8 Athlete: DE CHAMPS LOÏC							Q-time: 02:52:13	
PB (25m pool): 02:54.66 Gent 23/02/2025				PB (50m pool): 02:47.89SB: 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		00:38.39		01:22.55		02:14.10		02:54.66
	00:38.39		00:44.16		00:51.55		00:40.56	
								

Coach feedback:

Event number: 22: 100M BUTTERFLY MEN 15+							Heat:1, starttime: 15:26	
Heat: 1/5 Lane : 5 Athlete: MINNOYE TIEBE							Q-time: 01:28:86	
PB (25m pool): 01:27.26 T ROSCO 20/10/2024				PB (50m pool): 01:28.86SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:40.03		01:27.26				
	00:40.03		00:47.23					
								

Coach feedback:

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Event number: 22: 100M BUTTERFLY MEN 15+					Heat:2, starttime: 15:28
Heat: 2/5 Lane : 5 Athlete: EL GHAZALI ADAM					Q-time: 01:15:52
PB (25m pool): 01:15.52 TEMSE 23/11/2025			PB (50m pool): 01:16.48 SB: 01:15.52 TEMSE 23/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.65		01:15.52	
	00:34.65		00:40.87		
					

Coach feedback:

Event number: 22: 100M BUTTERFLY MEN 15+					Heat:3, starttime: 15:30
Heat: 3/5 Lane : 1 Athlete: DEGRANDE LARS					Q-time: 01:11:74
PB (25m pool): 01:11.74 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:18.98 SB: 01:11.74 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.72		01:11.74	
	00:32.72		00:39.02		
					

Coach feedback:

Event number: 22: 100M BUTTERFLY MEN 15+					Heat:3, starttime: 15:30
Heat: 3/5 Lane : 8 Athlete: DE CRAENE MATTHIS					Q-time: 01:12:50
PB (25m pool): 01:12.03 Sinbad 29/12/2024			PB (50m pool): 01:12.99 SB: 01:12.50 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.34		01:12.03	
	00:34.34		00:37.69		
					

Coach feedback:

Event number: 23: 200M FREESTYLE WOMEN							Heat:1, starttime: 15:36	
Heat: 1/4 Lane : 7 Athlete: DEPESTELE GITTE							Q-time: 03:03:32	
PB (25m pool): 03:03.32 Dendermonde. 22/11/2025				PB (50m pool): 03:10.36SB: 03:03.32 Dendermonde. 22/11/2025				
	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		00:38.79		01:25.56		no time		03:03.32
	00:38.79		00:46.77					
								

Coach feedback:

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Event number: 24: 200M FREESTYLE MEN							Heat:1, starttime: 15:49	
Heat: 1/6 Lane : 3 Athlete: DE KEIJSER RAF							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	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: 24: 200M FREESTYLE MEN							Heat:1, starttime: 15:49	
Heat: 1/6 Lane : 4 Athlete: DE CRAENE NATHEN							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 03:33.13SB: 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: 24: 200M FREESTYLE MEN							Heat:2, starttime: 15:53	
Heat: 2/6 Lane : 1 Athlete: DE KEIJSER STAF							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	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: 28: 200M BACKSTROKE MEN							Heat:1, starttime: 16:29	
Heat: 1/2 Lane : 4 Athlete: MINNOYE TIEBE							Q-time: 02:46:60	
PB (25m pool): 02:46.60 Zottegem 01/03/2026			PB (50m pool): 02:54.45SB: 02:46.60 Zottegem 01/03/2026					
	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		00:39.60		01:22.29		no time		02:46.60
	00:39.60		00:42.69					
								

Coach feedback:

Limietenwedstrijd: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 28: 200M BACKSTROKE MEN							Heat:2, starttime: 16:33	
Heat: 2/2 Lane : 1 Athlete: DE CRAENE MATTHIS							Q-time: 02:41:56	
PB (25m pool): 02:41.56 TEMSE 23/11/2025				PB (50m pool): 02:59.29SB: 02:41.56 TEMSE 23/11/2025				
	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		00:39.25		01:22.04		02:04.24		02:41.56
	00:39.25		00:42.79		00:42.20		00:37.32	
								

Coach feedback:

Event number: 28: 200M BACKSTROKE MEN							Heat:2, starttime: 16:33	
Heat: 2/2 Lane : 2 Athlete: DEGRANDE LARS							Q-time: 02:38:16	
PB (25m pool): 02:35.23 Sint-Amandsberg 27/10/2024				PB (50m pool): 02:47.06SB: 02:38.16 TEMSE 23/11/2025				
	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		00:35.66		01:15.21		01:55.95		02:35.23
	00:35.66		00:39.55		00:40.74		00:39.28	
								

Coach feedback:

Event number: 28: 200M BACKSTROKE MEN							Heat:2, starttime: 16:33	
Heat: 2/2 Lane : 6 Athlete: VANCAYZEELE THIBAU							Q-time: 02:30:98	
PB (25m pool): 02:30.98 TEMSE 23/11/2025				PB (50m pool): 02:42.83SB: 02:30.98 TEMSE 23/11/2025				
	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		00:35.53		01:13.90		01:52.58		02:30.98
	00:35.53		00:38.37		00:38.68		00:38.40	
								

Coach feedback:

Event number: 28: 200M BACKSTROKE MEN							Heat:2, starttime: 16:33	
Heat: 2/2 Lane : 7 Athlete: EL GHAZALI ADAM							Q-time: 02:39:66	
PB (25m pool): 02:39.66 TEMSE 23/11/2025				PB (50m pool): 02:50.96SB: 02:39.66 TEMSE 23/11/2025				
	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		00:36.65		01:17.73		01:58.58		02:39.66
	00:36.65		00:41.08		00:40.85		00:41.08	
								

Coach feedback: