

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

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ 13:45 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: 13: 100M FREESTYLE WOMEN 15+					Heat:1, starttime: 14:00
Heat: 1/3 Lane : 8 Athlete: GOOSSENS TARA					Q-time: 99:99:99
PB (25m pool): 01:08.32 Temse 23/12/2023					PB (50m pool): 01:11.01 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:08.32	
	no time				
					

Coach feedback:

Event number: 14: 100M FREESTYLE MEN 15+					Heat:1, starttime: 14:05
Heat: 1/7 Lane : 1 Athlete: ROGIERS LUCAS					Q-time: 01:10:67
PB (25m pool): 01:10.67 Temse 21/12/2025					PB (50m pool): 01:09.60 SB: 01:10.67 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.99		01:10.67	
	00:33.99 00:36.68				
					

Coach feedback:

Event number: 14: 100M FREESTYLE MEN 15+					Heat:1, starttime: 14:05
Heat: 1/7 Lane : 2 Athlete: HEIJL RUBEN					Q-time: 01:09:43
PB (25m pool): 01:09.43 Durmehal 28/02/2026					PB (50m pool): 01:16.84 SB: 01:09.43 Durmehal 28/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.27		01:09.43	
	00:32.27 00:37.16				
					

Coach feedback:

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

Event number: 14: 100M FREESTYLE MEN 15+					Heat:1, starttime: 14:05
Heat: 1/7 Lane : 7 Athlete: DE RYBEL ANTHONY					Q-time: 01:09:64
PB (25m pool): 01:09.64 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:14.61 SB: 01:09.64 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.49		01:09.64	
	00:33.49		00:36.15		
					

Coach feedback:

Event number: 14: 100M FREESTYLE MEN 15+					Heat:3, starttime: 14:09
Heat: 3/7 Lane : 7 Athlete: VAN ACHTER MAURO					Q-time: 01:02:19
PB (25m pool): 01:02.19 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:05.05 SB: 01:02.19 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.71		01:02.19	
	00:29.71		00:32.48		
					

Coach feedback:

Event number: 14: 100M FREESTYLE MEN 15+					Heat:4, starttime: 14:10
Heat: 4/7 Lane : 1 Athlete: LAMMENS XANDER					Q-time: 01:01:18
PB (25m pool): 01:00.62 Eeklo 16/10/2022					PB (50m pool): 01:02.18 SB: 01:03.05 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:00.62	
	no time				
					

Coach feedback:

Event number: 14: 100M FREESTYLE MEN 15+					Heat:5, starttime: 14:12
Heat: 5/7 Lane : 2 Athlete: VAN LAERE JUUL					Q-time: 00:57:83
PB (25m pool): 00:57.83 Durmechal 28/02/2026					PB (50m pool): 01:01.08 SB: 00:57.83 Durmechal 28/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.80		00:57.83	
	00:27.80		00:30.03		
					

Coach feedback:

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

Event number: 19: 200M MEDLEY WOMEN 13-14							Heat:2, starttime: 14:59	
Heat: 2/4 Lane : 8 Athlete: VAN ACHTER JUNE							Q-time: 03:23:60	
PB (25m pool): 03:23.60 Durmehal 28/02/2026				PB (50m pool): 03:38.93SB: 03:23.60 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		00:49.28		01:39.86		02:37.18		03:23.60
	00:49.28		00:50.58		00:57.32		00:46.42	
								

Coach feedback:

Event number: 19: 200M MEDLEY WOMEN 13-14							Heat:4, starttime: 15:07	
Heat: 4/4 Lane : 3 Athlete: LAMMENS ALIX							Q-time: 02:42:10	
PB (25m pool): 02:42.10 Sint-Niklaas 28/12/2025				PB (50m pool): 02:46.26SB: 02:42.10 Sint-Niklaas 28/12/2025				
	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		00:35.65		no time		no time		02:42.10
	00:35.65							
								

Coach feedback:

Event number: 22: 100M BUTTERFLY MEN 15+							Heat:3, starttime: 15:30	
Heat: 3/5 Lane : 2 Athlete: VAN ACHTER MAURO							Q-time: 01:11:37	
PB (25m pool): 01:11.37 Lokeren 05/04/2025				PB (50m pool): 01:12.84SB: 01:12.01 Sint-Amandsberg 19/10/2025				
PB	2 5 M	5 0 M	7 5 M	1 0 0 M				
		00:32.71		01:11.37				
	00:32.71		00:38.66					
								

Coach feedback:

Event number: 24: 200M FREESTYLE MEN							Heat:3, starttime: 15:56	
Heat: 3/6 Lane : 2 Athlete: ROGIERS LUCAS							Q-time: 02:30:81	
PB (25m pool): 02:30.81 Dendermonde. 22/11/2025				PB (50m pool): 02:30.71 SB: 02:30.81 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		00:34.75		01:35.50		no time		02:30.81
	00:34.75		01:00.75					
								

Coach feedback:

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

Event number: 24: 200M FREESTYLE MEN							Heat:4, starttime: 16:00	
Heat: 4/6 Lane : 1 Athlete: ROGIERS LOUIS							Q-time: 02:23:57	
PB (25m pool): 02:23.57 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:25.89SB: 02:23.57 Sint-Amandsberg 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		00:32.38		01:09.07		01:46.96		02:23.57
	00:32.38		00:36.69		00:37.89		00:36.61	
								

Coach feedback:

Event number: 24: 200M FREESTYLE MEN							Heat:4, starttime: 16:00	
Heat: 4/6 Lane : 2 Athlete: VAN LAERE JUUL							Q-time: 02:19:06	
PB (25m pool): 02:19.06 Dendermonde. 22/11/2025				PB (50m pool): 02:20.17SB: 02:19.06 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		00:30.81		01:05.97		no time		02:19.06
	00:30.81		00:35.16					
								

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+					Heat:1, starttime: 16:08
Heat: 1/2 Lane : 5 Athlete: GOOSSENS TARA				Q-time: 01:28:62	
PB (25m pool): 01:27.14 Ronse 21/05/2023			PB (50m pool): 01:23.85SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:27.14	
	no time				
					

Coach feedback:

Event number: 26: 100M BREASTSTROKE MEN 15+					Heat:1, starttime: 16:13
Heat: 1/4 Lane : 5 Athlete: HEIJL RUBEN				Q-time: 01:38:63	
PB (25m pool): 01:38.63 Gent 23/02/2025			PB (50m pool): 01:42.74SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.85		01:38.63	
	00:46.85		00:51.78		
					

Coach feedback:

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

Event number: 26: 100M BREASTSTROKE MEN 15+					Heat:2, starttime: 16:15
Heat: 2/4 Lane : 2 Athlete: DE RYBEL ANTHONY					Q-time: 01:24:17
PB (25m pool): 01:24.17 Durmehal 28/02/2026			PB (50m pool): 01:30.94 SB: 01:24.17 Durmehal 28/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.99		01:24.17	
	00:38.99		00:45.18		
					

Coach feedback:

Event number: 26: 100M BREASTSTROKE MEN 15+					Heat:4, starttime: 16:19
Heat: 4/4 Lane : 7 Athlete: LAMMENS XANDER					Q-time: 01:15:81
PB (25m pool): 01:13.85 LAGO Rozebroeken 23/10/2022			PB (50m pool): 01:17.97 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:13.85	
	no time				
					

Coach feedback: