

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

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ 13:45 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: 13: 100M FREESTYLE WOMEN 15+					Heat:2, starttime: 14:02
Heat: 2/3 Lane : 8 Athlete: RUYSSINCK DIEDE					Q-time: 01:05:34
PB (25m pool): 01:05.34 Sint-Niklaas 11/01/2026					PB (50m pool): 01:11.70 SB: 01:05.34 Sint-Niklaas 11/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.64		01:05.34	
		00:30.64		00:34.70	
					

Coach feedback:

Event number: 14: 100M FREESTYLE MEN 15+					Heat:1, starttime: 14:05
Heat: 1/7 Lane : 5 Athlete: DE BACKER RUNE					Q-time: 01:06:75
PB (25m pool): 01:06.75 Zottegem 09/03/2025					PB (50m pool): 01:08.34 SB: 01:08.46 Sint-Niklaas 11/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.04		01:06.75	
		00:31.04		00:35.71	
					

Coach feedback:

Event number: 14: 100M FREESTYLE MEN 15+					Heat:2, starttime: 14:07
Heat: 2/7 Lane : 6 Athlete: OSSELAER ELANO					Q-time: 01:03:30
PB (25m pool): 01:04.79 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:03.30 SB: 01:04.79 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.57		01:04.79	
		00:30.57		00:34.22	
					

Coach feedback:

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

Event number: 14: 100M FREESTYLE MEN 15+					Heat:2, starttime: 14:07
Heat: 2/7 Lane : 7 Athlete: JANSOONE DENNIS					Q-time: 01:03:84
PB (25m pool): 01:05.94 Temse 18/02/2024					PB (50m pool): 01:03.84 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:05.94	
	no time				
					

Coach feedback:

Event number: 14: 100M FREESTYLE MEN 15+					Heat:4, starttime: 14:10
Heat: 4/7 Lane : 2 Athlete: AHALLAL ADAM					Q-time: 01:00:31
PB (25m pool): 01:00.31 Sint-Niklaas 11/01/2026					PB (50m pool): 01:02.19 SB: 01:00.31 Sint-Niklaas 11/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.29		01:00.31	
	00:29.29 00:31.02				
					

Coach feedback:

Event number: 14: 100M FREESTYLE MEN 15+					Heat:4, starttime: 14:10
Heat: 4/7 Lane : 7 Athlete: VERHAEVERT NAN					Q-time: 01:00:76
PB (25m pool): 01:02.40 Sint-Niklaas 11/01/2026					PB (50m pool): 01:00.76 SB: 01:02.40 Sint-Niklaas 11/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.15		01:02.40	
	00:31.15 00:31.25				
					

Coach feedback:

Event number: 14: 100M FREESTYLE MEN 15+					Heat:5, starttime: 14:12
Heat: 5/7 Lane : 1 Athlete: WOJCIULA TYMON					Q-time: 00:57:97
PB (25m pool): 00:58.34 T ROSCO 12/10/2025					PB (50m pool): 00:57.97 SB: 00:58.34 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.85		00:58.34	
	00:27.85 00:30.49				
					

Coach feedback:

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

Event number: 15: 200M BREASTSTROKE WOMEN							Heat:3, starttime: 14:25	
Heat: 3/3 Lane : 5 Athlete: LEGRAND ALICIA							Q-time: 02:59:77	
PB (25m pool): 03:03.53 T ROSCO 12/10/2025				PB (50m pool): 02:59.77 SB: 03:03.53 T ROSCO 12/10/2025				
	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		00:43.42		01:30.41		02:17.71		03:03.53
	00:43.42		00:46.99		00:47.30		00:45.82	
								

Coach feedback:

Event number: 15: 200M BREASTSTROKE WOMEN							Heat:3, starttime: 14:25	
Heat: 3/3 Lane : 8 Athlete: VAN NIEUWENHUYSE LOTTE							Q-time: 03:10:55	
PB (25m pool): 03:10.55 T ROSCO 12/10/2025				PB (50m pool): 03:11.00SB: 03:10.55 T ROSCO 12/10/2025				
	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		00:42.46		01:32.29		02:22.03		03:10.55
	00:42.46		00:49.83		00:49.74		00:48.52	
								

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN							Heat:3, starttime: 14:39	
Heat: 3/4 Lane : 5 Athlete: DE DONDER THOR							Q-time: 02:56:77	
PB (25m pool): 02:56.77 T ROSCO 12/10/2025				PB (50m pool): 02:57.63SB: 02:56.77 T ROSCO 12/10/2025				
	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		00:39.89		01:25.10		02:10.75		02:56.77
	00:39.89		00:45.21		00:45.65		00:46.02	
								

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN							Heat:3, starttime: 14:39	
Heat: 3/4 Lane : 6 Athlete: TER-EGANYAN ARMAN							Q-time: 03:02:32	
PB (25m pool): 03:04.63 T ROSCO 12/10/2025				PB (50m pool): 03:02.32 SB: 03:04.63 T ROSCO 12/10/2025				
	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		00:41.18		01:29.72		02:19.57		03:04.63
	00:41.18		00:48.54		00:49.85		00:45.06	
								

Coach feedback:

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

Event number: 16: 200M BREASTSTROKE MEN							Heat:4, starttime: 14:42	
Heat: 4/4 Lane : 4 Athlete: DEKYVERE MATHIAS							Q-time: 02:40:68	
PB (25m pool): 02:40.68 T ROSCO 12/10/2025				PB (50m pool): 02:47.20SB: 02:40.68 T ROSCO 12/10/2025				
	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		00:34.50		01:15.01		01:57.06		02:40.68
	00:34.50		00:40.51		00:42.05		00:43.62	
								

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN							Heat:4, starttime: 14:42	
Heat: 4/4 Lane : 6 Athlete: WALTNIEL NAND							Q-time: 02:46:09	
PB (25m pool): 02:46.09 T ROSCO 12/10/2025				PB (50m pool): 02:50.33SB: 02:46.09 T ROSCO 12/10/2025				
	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		00:35.46		01:16.91		02:00.88		02:46.09
	00:35.46		00:41.45		00:43.97		00:45.21	
								

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN							Heat:4, starttime: 14:42	
Heat: 4/4 Lane : 8 Athlete: WALTNIEL BAVO							Q-time: 02:52:39	
PB (25m pool): 02:54.51 Temse 17/11/2025				PB (50m pool): 02:52.39SB: 02:54.51 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		00:38.64		01:22.67		02:09.55		02:54.51
	00:38.64		00:44.03		00:46.88		00:44.96	
								

Coach feedback:

Event number: 17: 100M BACKSTROKE WOMEN 15+					Heat:1, starttime: 14:46				
Heat: 1/1 Lane : 7 Athlete: OSSELAER KATO					Q-time: 01:17:59				
PB (25m pool): 01:17.59 Sint-Niklaas 11/01/2026					PB (50m pool): 01:18.55SB: 01:17.59 Sint-Niklaas 11/01/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M					
PB		00:38.13		01:17.59					
	00:38.13		00:39.46						
									

Coach feedback:

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

Event number: 18: 100M BACKSTROKE MEN 15+					Heat:2, starttime: 14:51
Heat: 2/3 Lane : 1 Athlete: WALTNIEL NAND					Q-time: 01:11:45
PB (25m pool): 01:11.45 TEMSE 30/03/2025					PB (50m pool): 01:17.11 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.65		01:11.45	
	00:34.65		00:36.80		
					

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 15+					Heat:2, starttime: 14:51
Heat: 2/3 Lane : 8 Athlete: OSSELAER ELANO					Q-time: 01:11:85
PB (25m pool): 01:19.23 Eeklo 21/04/2025					PB (50m pool): 01:11.85 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.13		01:19.23	
	00:39.13		00:40.10		
					

Coach feedback:

Event number: 19: 200M MEDLEY WOMEN 13-14							Heat:2, starttime: 14:59	
Heat: 2/4 Lane : 6 Athlete: VAN NIEUWENHUYSE LOTTE							Q-time: 03:06:23	
PB (25m pool): 03:06.23 Sinbad 16/03/2025				PB (50m pool): 03:07.24SB: 03:07.65 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		00:44.73		no time		no time		03:06.23
	00:44.73							
								

Coach feedback:

Event number: 19: 200M MEDLEY WOMEN 13-14							Heat:3, starttime: 15:03	
Heat: 3/4 Lane : 6 Athlete: LEGRAND ALICIA							Q-time: 02:52:45	
PB (25m pool): 02:55.55 Lokeren 28/09/2025				PB (50m pool): 02:52.45SB: 02:55.55 Lokeren 28/09/2025				
	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		00:41.82		01:26.29		02:13.28		02:55.55
	00:41.82		00:44.47		00:46.99		00:42.27	
								

Coach feedback:

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

Event number: 19: 200M MEDLEY WOMEN 13-14							Heat:4, starttime: 15:07	
Heat: 4/4 Lane : 5 Athlete: DE SMET LILY							Q-time: 02:39:94	
PB (25m pool):			PB (50m pool): 02:44.80 SB: 02:39.94 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								
								

Coach feedback:

Event number: 19: 200M MEDLEY WOMEN 13-14							Heat:4, starttime: 15:07	
Heat: 4/4 Lane : 8 Athlete: BAYENS NINA							Q-time: 02:49:38	
PB (25m pool): 02:49.38 Dendermonde 22/11/2025			PB (50m pool): 02:49.58 SB: 02:49.38 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		00:34.12		no time		no time		02:49.38
		00:34.12						
								

Coach feedback:

Event number: 20: 200M MEDLEY MEN 13-14							Heat:3, starttime: 15:18	
Heat: 3/3 Lane : 7 Athlete: WALTNIEL BAVO							Q-time: 02:45:83	
PB (25m pool): 03:14.62 T ROSCO 20/10/2024			PB (50m pool): 02:45.83 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		00:42.83		01:32.87		02:25.23		03:14.62
		00:42.83		00:50.04		00:52.36		00:49.39
								

Coach feedback:

Event number: 22: 100M BUTTERFLY MEN 15+							Heat:2, starttime: 15:28	
Heat: 2/5 Lane : 4 Athlete: AHALLAL ADAM							Q-time: 01:13:93	
PB (25m pool): 01:13.93 TEMSE 18/05/2025			PB (50m pool): 01:15.88 SB: 01:15.37 Sinbad 05/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:33.00		01:13.93				
		00:33.00		00:40.93				
								

Coach feedback:

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

Event number: 22: 100M BUTTERFLY MEN 15+					Heat:3, starttime: 15:30
Heat: 3/5 Lane : 7 Athlete: VERHAEVERT NAN					Q-time: 01:11:59
PB (25m pool): 01:11.59 Sinbad 05/10/2025					PB (50m pool): 01:12.24 SB: 01:11.59 Sinbad 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.13		01:11.59	
	00:32.13		00:39.46		
					

Coach feedback:

Event number: 23: 200M FREESTYLE WOMEN							Heat:3, starttime: 15:43	
Heat: 3/4 Lane : 3 Athlete: OSSELAER GEIKE							Q-time: 02:27:88	
PB (25m pool): 02:27.88 Eeklo 21/04/2025				PB (50m pool): 02:30.16SB: 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		00:34.03		01:11.19		no time		02:27.88
	00:34.03		00:37.16					
								

Coach feedback:

Event number: 24: 200M FREESTYLE MEN							Heat:4, starttime: 16:00	
Heat: 4/6 Lane : 7 Athlete: JANSOONE DENNIS							Q-time: 02:21:36	
PB (25m pool): 02:21.36 Dendermonde. 22/11/2025				PB (50m pool): 02:24.05SB: 02:21.36 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		00:31.12		01:09.05		no time		02:21.36
	00:31.12		00:37.93					
								

Coach feedback:

Event number: 24: 200M FREESTYLE MEN							Heat:5, starttime: 16:02	
Heat: 5/6 Lane : 2 Athlete: WOJCIULA TYMON							Q-time: 02:08:67	
PB (25m pool): 02:08.67 Temse 17/11/2025			PB (50m pool): 02:12.19SB: 02:08.67 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		00:29.10		01:02.02		01:36.18		02:08.67
	00:29.10		00:32.92		00:34.16		00:32.49	
								

Coach feedback:

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

Event number: 26: 100M BREASTSTROKE MEN 15+					Heat:2, starttime: 16:15
Heat: 2/4 Lane : 3 Athlete: DE BACKER RUNE					Q-time: 01:21:91
PB (25m pool): 01:21.91 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:22.85 SB: 01:21.91 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.96		01:21.91	
	00:37.96		00:43.95		
					

Coach feedback:

Event number: 26: 100M BREASTSTROKE MEN 15+					Heat:2, starttime: 16:15
Heat: 2/4 Lane : 7 Athlete: VERHAEVERT NAN					Q-time: 01:24:59
PB (25m pool): 01:24.59 Dendermonde. 22/11/2025			PB (50m pool): 01:35.47 SB: 01:24.59 Dendermonde. 22/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.53		01:24.59	
	00:39.53		00:45.06		
					

Coach feedback:

Event number: 26: 100M BREASTSTROKE MEN 15+					Heat:3, starttime: 16:17
Heat: 3/4 Lane : 6 Athlete: AHALLAL ADAM					Q-time: 01:18:84
PB (25m pool): 01:18.84 Sinbad 12/01/2025			PB (50m pool): 01:21.09 SB: 01:19.71 Sint-Niklaas 11/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.39		01:18.84	
	00:37.39		00:41.45		
					

Coach feedback:

Event number: 26: 100M BREASTSTROKE MEN 15+					Heat:4, starttime: 16:19
Heat: 4/4 Lane : 2 Athlete: WALTNIEL NAND					Q-time: 01:14:50
PB (25m pool): 01:14.50 Sint-Niklaas 11/01/2026			PB (50m pool): 01:17.23 SB: 01:14.50 Sint-Niklaas 11/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.03		01:14.50	
	00:35.03		00:39.47		
					

Coach feedback:

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

Event number: 26: 100M BREASTSTROKE MEN 15+					Heat:4, starttime: 16:19
Heat: 4/4 Lane : 3 Athlete: DEKYVERE MATHIAS					Q-time: 01:12:52
PB (25m pool): 01:12.52 TEMSE 18/05/2025					PB (50m pool): 01:13.02 SB: 01:12.74 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.75		01:12.52	
	00:33.75		00:38.77		
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN							Heat:1, starttime: 16:21	
Heat: 1/2 Lane : 4 Athlete: RUYSSINCK DIEDE							Q-time: 02:40:81	
PB (25m pool): 02:40.81 Zottegem 01/03/2026				PB (50m pool): 02:45.52SB: 02:40.81 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		00:37.38		01:18.95		no time		02:40.81
	00:37.38		00:41.57					
								

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN							Heat:1, starttime: 16:21	
Heat: 1/2 Lane : 5 Athlete: OSSELAER KATO							Q-time: 02:44:23	
PB (25m pool): 02:44.23 Zottegem 01/03/2026				PB (50m pool): 02:49.95SB: 02:44.23 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		00:38.88		01:19.66		no time		02:44.23
	00:38.88		00:40.78					
								

Coach feedback: