

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: DZO

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Claessens Eline

Coaches: Boel Joke HEADCOACH

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

Event number: 1: 50M BUTTERFLY WOMEN 11+										Heat:2, starttime: 09:01	
Heat: 2/8 Lane : 5 Athlete: HOFMAN LILY									Q-time: 00:42:91		
PB (50m pool): 00:42.91 Antwerpen 15/03/2026					PB (25m pool): 00:45.35 SB: 00:42.91 Antwerpen 15/03/2026						
	5 0 M										
PB	00:42.91										
	00:42.91										
											

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+						Heat:4, starttime: 09:04	
Heat: 4/8 Lane : 5 Athlete: VAN BIESEN ELLA						Q-time: 00:36:42	
PB (50m pool): 00:36.42 Antwerpen 15/03/2026				PB (25m pool): 00:36.54SB: 00:36.42 Antwerpen 15/03/2026			
	5 0 M						
PB	00:36.42						
	00:36.42						
							

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+						Heat:4, starttime: 09:04	
Heat: 4/8 Lane : 8 Athlete: SMET ALINE					Q-time: 00:37:44		
PB (50m pool): 00:37.44 Antwerpen 15/03/2026			PB (25m pool): 00:37.78SB: 00:37.44 Antwerpen 15/03/2026				
	5 0 M						
PB	00:37.44						
	00:37.44						
							

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: DZO

Event number: 1: 50M BUTTERFLY WOMEN 11+		Heat:8, starttime: 09:09
Heat: 8/8 Lane : 4 Athlete: VEKEMANS RENA		Q-time: 00:30:00
PB (50m pool): 00:29.82 Antwerpen 27/02/2022		PB (25m pool): 00:29.24 SB: no time
	5 0 M	
PB	00:29.82	
	00:29.82	
		

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+		Heat:2, starttime: 09:13
Heat: 2/8 Lane : 1 Athlete: GANSEMAN JACK		Q-time: 00:53:24
PB (50m pool): no time		PB (25m pool): 00:52.34 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+		Heat:4, starttime: 09:15
Heat: 4/8 Lane : 5 Athlete: HOFMAN OTIS		Q-time: 00:33:35
PB (50m pool): 00:33.35 Antwerpen 15/03/2026		PB (25m pool): 00:34.48 SB: 00:33.35 Antwerpen 15/03/2026
	5 0 M	
PB	00:33.35	
	00:33.35	
		

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+		Heat:5, starttime: 09:17
Heat: 5/8 Lane : 7 Athlete: VAN DEN ABBEELE TOON		Q-time: 00:32:62
PB (50m pool): 00:32.62 Antwerpen 13/07/2025		PB (25m pool): 00:31.85 SB: no time
	5 0 M	
PB	00:32.62	
	00:32.62	
		

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: DZO

Event number: 3: 50M BACKSTROKE WOMEN 11+				Heat:5, starttime: 09:29
Heat: 5/8 Lane : 1 Athlete: HOFMAN ROSE				Q-time: 00:38:82
PB (50m pool): 00:41.79 Aalst 11/05/2025				PB (25m pool): 00:39.19 SB: no time
	5 0 M			
PB	00:41.79			
	00:41.79			
				

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+					Heat:4, starttime: 10:18
Heat: 4/4 Lane : 8 Athlete: VAN BIESEN ELLA					Q-time: 02:32:98
PB (50m pool): 02:41.93 Antwerpen 13/07/2025					PB (25m pool): 02:32.98 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.66	01:18.74	02:00.94	02:41.93	
	00:37.66	00:41.08	00:42.20	00:40.99	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:4, starttime: 10:32
Heat: 4/4 Lane : 8 Athlete: VAN DEN ABBEELE TOON					Q-time: 02:14:57
PB (50m pool): 02:21.10 Antwerpen 13/07/2025					PB (25m pool): 02:14.57 SB: 02:21.74 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.52	01:07.55	01:45.26	02:21.10	
	00:31.52	00:36.03	00:37.71	00:35.84	
					

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+					Heat:2, starttime: 10:40
Heat: 2/4 Lane : 5 Athlete: CEULEMANS AMINA					Q-time: 03:18:92
PB (50m pool): 03:18.92 Sportoase De Watermolen 29/03/2026					PB (25m pool): 03:17.34 SB: 03:18.92 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.08	01:40.89	02:36.08	03:18.92	
	00:47.08	00:53.81	00:55.19	00:42.84	
					

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: DZO

Event number: 9: 200M MEDLEY WOMEN 11+					Heat:4, starttime: 10:48
Heat: 4/4 Lane : 5 Athlete: VEKEMANS RENA					Q-time: 02:32:22
PB (50m pool): 02:26.42 Antwerpen 28/07/2024					PB (25m pool): 02:25.69 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:26.42	
	no time				
					

Coach feedback:

Event number: 13: 200M BACKSTROKE WOMEN 11+					Heat:1, starttime: 11:08
Heat: 1/2 Lane : 7 Athlete: SMET ALINE					Q-time: 03:03:98
PB (50m pool): 03:03.98 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 03:06.50 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.83	01:31.42	02:18.86	03:03.98	
	00:44.83	00:46.59	00:47.44	00:45.12	
					

Coach feedback:

Event number: 14: 200M BACKSTROKE MEN 11+					Heat:2, starttime: 11:21
Heat: 2/2 Lane : 2 Athlete: HOFMAN OTIS					Q-time: 02:27:17
PB (50m pool): 02:31.78 Antwerpen 20/07/2025					PB (25m pool): 02:27.17 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.37	01:13.63	01:52.56	02:31.78	
	00:35.37	00:38.26	00:38.93	00:39.22	
					

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 11:28
Heat: 3/5 Lane : 1 Athlete: CEULEMANS AMINA					Q-time: 00:46:13
PB (50m pool): 00:46.13 Aalst 11/05/2025					PB (25m pool): 00:43.61 SB: no time
	5 0 M				
PB	00:46.13				
	00:46.13				
					

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: DZO

Event number: 15: 50M BREASTSTROKE WOMEN 11+						Heat:4, starttime: 11:30	
Heat: 4/5 Lane : 6 Athlete: VAN BIESEN ELLA					Q-time: 00:43:05		
PB (50m pool): 00:43.05 Antwerpen 15/03/2026						PB (25m pool): 00:43.60 SB: 00:43.05 Antwerpen 15/03/2026	
	5 0 M						
PB	00:43.05						
	00:43.05						
							

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+						Heat:3, starttime: 11:43	
Heat: 3/9 Lane : 3 Athlete: CEULEMANS AMINA						Q-time: 00:34:87	
PB (50m pool): 00:34.87 Sportoase De Watermolen 29/03/2026						PB (25m pool): 00:37.79SB: 00:34.87 Sportoase De Watermolen 29/03/2026	
	5 0 M						
PB	00:34.87						
	00:34.87						
							

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+						Heat:4, starttime: 11:45	
Heat: 4/9 Lane : 8 Athlete: HOFMAN LILY						Q-time: 00:33:78	
PB (50m pool): 00:33.78 LOCHRISTI 25/01/2026						PB (25m pool): 00:34.32 SB: 00:33.78 LOCHRISTI 25/01/2026	
	5 0 M						
PB	00:33.78						
	00:33.78						
							

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+						Heat:5, starttime: 11:46	
Heat: 5/9 Lane : 8 Athlete: HOFMAN ROSE						Q-time: 00:33:00	
PB (50m pool): 00:33.00 LOCHRISTI 25/01/2026						PB (25m pool): 00:33.20 SB: 00:33.00 LOCHRISTI 25/01/2026	
	5 0 M						
PB	00:33.00						
	00:33.00						
							

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: DZO

Event number: 17: 50M FREESTYLE WOMEN 11+		Heat:8, starttime: 11:50
Heat: 8/9 Lane : 5 Athlete: VEKEMANS RENA		Q-time: 00:28:86
PB (50m pool): 00:28.25 Zwembad Brigitte Becue Oostend 21/11/2025 PB (25m pool): 00:27.61 SB: no time		
	5 0 M	
PB	00:28.25	
	00:28.25	
		

Coach feedback:

Event number: 18: 50M FREESTYLE MEN 11+		Heat:2, starttime: 11:54
Heat: 2/9 Lane : 3 Athlete: GANSEMAN JACK		Q-time: 00:45:56
PB (50m pool): no time PB (25m pool): 00:38.10 SB: no time		
	5 0 M	
PB	no time	
	no time	
		

Coach feedback: