

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

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

Coaches: Jacob Maarten

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 : 8 Athlete: DHONDT LINE		Q-time: 00:47:38
PB (50m pool): 00:47.38 Aalst 11/05/2025 PB (25m pool): 00:42.46 SB: no time		
	5 0 M	
PB	00:47.38	
	00:47.38	
		

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+		Heat:3, starttime: 09:03
Heat: 3/8 Lane : 3 Athlete: LEFEBRE ELENA		Q-time: 00:40:09
PB (50m pool): 00:40.09 Aalst 11/05/2025 PB (25m pool): 00:38.94 SB: no time		
	5 0 M	
PB	00:40.09	
	00:40.09	
		

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+		Heat:6, starttime: 09:07
Heat: 6/8 Lane : 2 Athlete: HOTTINGER NYAH		Q-time: 00:33:02
PB (50m pool): 00:33.02 Sportoase De Watermolen 29/03/2026 PB (25m pool): 00:32.51 SB: 00:33.02 Sportoase De Watermolen 29/03/2026		
	5 0 M	
PB	00:33.02	
	00:33.02	
		

Coach feedback:

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Event number: 1: 50M BUTTERFLY WOMEN 11+					Heat:7, starttime: 09:08				
Heat: 7/8 Lane : 1 Athlete: DE WITTE FIEN					Q-time: 00:33:27				
PB (50m pool): 00:33.27 Sportoase De Watermolen 29/03/2026 PB (25m pool): 00:34.22 SB: 00:33.27 Sportoase De Watermolen 29/03/2026									
	5 0 M								
PB	00:33.27								
	00:33.27								
									

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+						Heat:8, starttime: 09:09	
Heat: 8/8 Lane : 7 Athlete: THIELMAN PAULIEN						Q-time: 00:33:08	
PB (50m pool): 00:33.08 Lochristi 01/02/2026						PB (25m pool): 00:31.49 SB: 00:33.08 Lochristi 01/02/2026	
	5 0 M						
PB	00:33.08						
	00:33.08						
							

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+				Heat:4, starttime: 09:15	
Heat: 4/8 Lane : 1 Athlete: VAN DAELE GILLES				Q-time: 00:34:65	
PB (50m pool): 00:32.72 Aalst 28/04/2024					

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+						Heat:4, starttime: 09:15	
Heat: 4/8 Lane : 4 Athlete: VAN OEVELEN NOAH						Q-time: 00:33:33	
PB (50m pool): 00:33.33 Lochristi 01/02/2026						PB (25m pool): 00:32.33 SB: 00:33.33 Lochristi 01/02/2026	
	5 0 M						
PB	00:33.33						
	00:33.33						
							

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 11+			Heat:2, starttime: 09:24
Heat: 2/8 Lane : 5 Athlete: VANDECASTEELE MARTHE			Q-time: 00:49:51
PB (50m pool): no time PB (25m pool): 00:50.44 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+			Heat:4, starttime: 09:27
Heat: 4/8 Lane : 7 Athlete: SCHEERS JASMIJN			Q-time: 00:40:54
PB (50m pool): no time PB (25m pool): 00:40.98 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+			Heat:8, starttime: 09:34
Heat: 8/8 Lane : 7 Athlete: THIELMAN PAULIEN			Q-time: 00:35:14
PB (50m pool): 00:35.14 Antwerpen 15/03/2026 PB (25m pool): 00:34.43 SB: 00:35.14 Antwerpen 15/03/2026			
	5 0 M		
PB	00:35.14		
	00:35.14		
			

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 11+			Heat:4, starttime: 09:41
Heat: 4/5 Lane : 5 Athlete: DE RYCK SEPPE			Q-time: 00:30:57
PB (50m pool): 00:30.57 Antwerpen 15/03/2026 PB (25m pool): 00:31.48 SB: 00:30.57 Antwerpen 15/03/2026			
	5 0 M		
PB	00:30.57		
	00:30.57		
			

Coach feedback:

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Event number: 5: 200M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 09:44
Heat: 1/2 Lane : 3 Athlete: DE WITTE FIEN					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:15.70 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	no time	
	no time				
					

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+					Heat:2, starttime: 10:11
Heat: 2/4 Lane : 2 Athlete: VANDECASTEELE MARTHE					Q-time: 03:11:87
PB (50m pool): no time PB (25m pool): 03:19.70 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	no time	
	no time				
					

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+					Heat:2, starttime: 10:11
Heat: 2/4 Lane : 3 Athlete: DHONDT LINE					Q-time: 03:06:25
PB (50m pool): no time PB (25m pool): 02:55.11 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	no time	
	no time				
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:4, starttime: 10:32
Heat: 4/4 Lane : 1 Athlete: DE RYCK SEPPE					Q-time: 02:13:99
PB (50m pool): 02:13.99 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:04.70 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.51	01:05.64	01:40.67	02:13.99	
	00:31.51	00:34.13	00:35.03	00:33.32	
					

Coach feedback:

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Event number: 13: 200M BACKSTROKE WOMEN 11+					Heat:1, starttime: 11:08
Heat: 1/2 Lane : 2 Athlete: SCHEERS JASMIJN					Q-time: 02:59:31
PB (50m pool): no time			PB (25m pool): 02:59.31 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	no time	
	no time				
					

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 11:27
Heat: 2/5 Lane : 2 Athlete: DHONDT LINE					Q-time: 00:50:36
PB (50m pool): 00:47.61 Aalst 28/04/2024			PB (25m pool): 00:45.50 SB: no time		
	5 0 M				
PB	00:47.61				
	00:47.61				
					

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 11:27
Heat: 2/5 Lane : 4 Athlete: LEFEBRE ELENA					Q-time: 00:47:83
PB (50m pool): no time			PB (25m pool): 00:41.76 SB: no time		
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 11:31
Heat: 5/5 Lane : 1 Athlete: VANDECASTEELE MARTHE					Q-time: 00:45:77
PB (50m pool): 00:45.77 Antwerpen 15/03/2026			PB (25m pool): 00:47.78 SB: 00:45.77 Antwerpen 15/03/2026		
	5 0 M				
PB	00:45.77				
	00:45.77				
					

Coach feedback:

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Event number: 16: 50M BREASTSTROKE MEN 11+					Heat:3, starttime: 11:36	
Heat: 3/5 Lane : 6 Athlete: LARHDIR RAYAN					Q-time: 00:36:42	
PB (50m pool): 00:36.42 Sportoase De Watermolen 29/03/2026 PB (25m pool): 00:36.17 SB: 00:36.42 Sportoase De Watermolen 29/03/2026						
	5 0 M					
PB	00:36.42					
	00:36.42					
						

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+					Heat:5, starttime: 11:46	
Heat: 5/9 Lane : 7 Athlete: SCHEERS JASMIJN					Q-time: 00:32:84	
PB (50m pool): 00:32.84 LOCHRISTI 25/01/2026					PB (25m pool): 00:34.18 SB: 00:32.84 LOCHRISTI 25/01/2026	
	5 0 M					
PB	00:32.84					
	00:32.84					
						

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+					Heat:8, starttime: 11:50	
Heat: 8/9 Lane : 3 Athlete: HOTTINGER NYAH					Q-time: 00:29:75	
PB (50m pool): 00:29.75 LOCHRISTI 25/01/2026					PB (25m pool): 00:29.53 SB: 00:29.75 LOCHRISTI 25/01/2026	
	5 0 M					
PB	00:29.75					
	00:29.75					
						

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+					Heat:8, starttime: 11:50	
Heat: 8/9 Lane : 6 Athlete: DE WITTE FIEN					Q-time: 00:29:90	
PB (50m pool): 00:29.90 Antwerpen 15/03/2026					PB (25m pool): 00:29.65 SB: 00:29.90 Antwerpen 15/03/2026	
	5 0 M					
PB	00:29.90					
	00:29.90					
						

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Event number: 18: 50M FREESTYLE MEN 11+			Heat:4, starttime: 11:57
Heat: 4/9 Lane : 5 Athlete: LARHDIR RAYAN			Q-time: 00:30:96
PB (50m pool): 00:30.96 WACHTEBEKE 19/01/2025			PB (25m pool): 00:29.50 SB: no time
	5 0 M		
PB	00:30.96		
	00:30.96		
			

Coach feedback:

Event number: 18: 50M FREESTYLE MEN 11+			Heat:5, starttime: 11:58
Heat: 5/9 Lane : 3 Athlete: VAN OEVELEN NOAH			Q-time: 00:29:32
PB (50m pool): 00:29.32 LOCHRISTI 25/01/2026			PB (25m pool): 00:28.28 SB: 00:29.32 LOCHRISTI 25/01/2026
	5 0 M		
PB	00:29.32		
	00:29.32		
			

Coach feedback:

Event number: 18: 50M FREESTYLE MEN 11+			Heat:6, starttime: 11:59
Heat: 6/9 Lane : 2 Athlete: VAN DAELE GILLES			Q-time: 00:29:00
PB (50m pool): 00:29.87 Aalst 28/04/2024			PB (25m pool): 00:29.00 SB: no time
	5 0 M		
PB	00:29.87		
	00:29.87		
			

Coach feedback: