

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

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ 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: 1: 50M BUTTERFLY WOMEN 11+				Heat:2, starttime: 09:01	
Heat: 2/8 Lane : 1 Athlete: PHILIPS NOé				Q-time: 00:46:96	
PB (50m pool): 00:46.96 Gent 08/02/2026				PB (25m pool): 00:44.31 SB: 00:46.96 Gent 08/02/2026	
	5 0 M				
PB	00:46.96				
	00:46.96				
					

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+				Heat:4, starttime: 09:04	
Heat: 4/8 Lane : 1 Athlete: BOGAERT AMANI				Q-time: 00:37:40	
PB (50m pool): 00:37.40 Antwerpen 15/03/2026				PB (25m pool): 00:39.59 SB: 00:37.40 Antwerpen 15/03/2026	
	5 0 M				
PB	00:37.40				
	00:37.40				
					

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+				Heat:2, starttime: 09:13	
Heat: 2/8 Lane : 8 Athlete: LAMMENS XANDER				Q-time: 99:99:99	
PB (50m pool): 00:30.97 Lago Rozebroeken Gent 05/03/2023				PB (25m pool): 00:30.13 SB: no time	
	5 0 M				
PB	00:30.97				
	00:30.97				
					

Coach feedback:

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

Event number: 2: 50M BUTTERFLY MEN 11+							Heat:3, starttime: 09:14		
Heat: 3/8 Lane : 8 Athlete: ROGIERS LUCAS							Q-time: 00:38:54		
PB (50m pool): 00:38.54 Antwerpen 15/03/2026				PB (25m pool): 00:36.06 SB: 00:38.54 Antwerpen 15/03/2026					
	5 0 M								
PB	00:38.54								
	00:38.54								
									

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+						Heat:5, starttime: 09:17	
Heat: 5/8 Lane : 4 Athlete: FELIES JARNE						Q-time: 00:31:15	
PB (50m pool): 00:31.15 Antwerpen 15/03/2026				PB (25m pool): 00:30.56 SB: 00:31.15 Antwerpen 15/03/2026			
	5 0 M						
PB	00:31.15						
	00:31.15						
							

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+				Heat:5, starttime: 09:17	
Heat: 5/8 Lane : 6 Athlete: VAN ACHTER MAURO				Q-time: 00:32:23	
PB (50m pool): 00:32.23 Aalst 11/05/2025				PB (25m pool): 00:30.53 SB: no time	
	5 0 M				
PB	00:32.23				
	00:32.23				
					

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+						Heat:3, starttime: 09:26	
Heat: 3/8 Lane : 7 Athlete: BOGAERT TIRZA						Q-time: 00:45:85	
PB (50m pool): 00:45.85 Sportoase De Watermolen 29/03/2026						PB (25m pool): 00:46.01 SB: 00:45.85 Sportoase De Watermolen 29/03/2026	
	5 0 M						
PB	00:45.85						
	00:45.85						
							

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 11+						Heat:4, starttime: 09:27	
Heat: 4/8 Lane : 5 Athlete: GOOSSENS TARA						Q-time: 00:39:87	
PB (50m pool): 00:39.87 Sportoase De Watermolen 29/03/2026 PB (25m pool): 00:37.98 SB: 00:39.87 Sportoase De Watermolen 29/03/2026							
	5 0 M						
PB	00:39.87						
	00:39.87						
							

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+							Heat:7, starttime: 09:32		
Heat: 7/8 Lane : 2 Athlete: LAMMENS ALIX							Q-time: 00:34:85		
PB (50m pool): 00:34.85 Antwerpen 08/03/2026							PB (25m pool): 00:34.61 SB: 00:34.85 Antwerpen 08/03/2026		
	5 0 M								
PB	00:34.85								
	00:34.85								
									

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 11+							Heat:3, starttime: 09:39	
Heat: 3/5 Lane : 2 Athlete: ROGIERS LOUIS							Q-time: 00:34:42	
PB (50m pool): 00:34.42 Antwerpen 15/03/2026							PB (25m pool): 00:35.60 SB: 00:34.42 Antwerpen 15/03/2026	
	5 0 M							
PB	00:34.42							
	00:34.42							
								

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 11+					Heat:5, starttime: 09:43	
Heat: 5/5 Lane : 1 Athlete: VAN LAERE JUUL					Q-time: 00:35:99	
PB (50m pool): 00:35.99 Aalst 28/04/2024						

Coach feedback:

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Event number: 6: 200M BREASTSTROKE MEN 11+					Heat:1, starttime: 09:54
Heat: 1/3 Lane : 5 Athlete: GOOSSENS HENDRIK					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time 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: 6: 200M BREASTSTROKE MEN 11+					Heat:2, starttime: 09:58
Heat: 2/3 Lane : 2 Athlete: YILDIZ AMMAR					Q-time: 03:45:30
PB (50m pool): 03:45.30 Gent 08/02/2026 PB (25m pool): no time SB: 03:45.30 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.49	01:47.27	02:47.04	03:45.30	
	00:49.49	00:57.78	00:59.77	00:58.26	
					

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+					Heat:2, starttime: 10:11
Heat: 2/4 Lane : 1 Athlete: BOGAERT TIRZA					Q-time: 03:29:05
PB (50m pool): 03:29.05 Sportoase De Watermolen 29/03/2026 PB (25m pool): no time SB: 03:29.05 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.96	01:41.58	02:38.05	03:29.05	
	00:45.96	00:55.62	00:56.47	00:51.00	
					

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+					Heat:2, starttime: 10:11
Heat: 2/4 Lane : 4 Athlete: VAN SLYCKEN LOUISE					Q-time: 03:00:84
PB (50m pool): 03:00.84 Gent 08/02/2026 PB (25m pool): 02:54.45 SB: 03:00.84 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:25.88	no time	03:00.84	
	no time				
					

Coach feedback:

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Event number: 7: 200M FREESTYLE WOMEN 11+					Heat:2, starttime: 10:11
Heat: 2/4 Lane : 5 Athlete: VAN ACHTER JUNE					Q-time: 03:05:06
PB (50m pool): 03:05.06 Sportoase De Watermolen 29/03/2026 PB (25m pool): 03:05.71 SB: 03:05.06 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.23	01:30.87	02:18.66	03:05.06	
	00:43.23	00:47.64	00:47.79	00:46.40	
					

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+					Heat:2, starttime: 10:11
Heat: 2/4 Lane : 6 Athlete: PHILIPS NOé					Q-time: 03:06:49
PB (50m pool): 03:06.49 Gent 08/02/2026 PB (25m pool): 03:13.03 SB: 03:06.49 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:28.71	no time	03:06.49	
	no time				
					

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+					Heat:2, starttime: 10:11
Heat: 2/4 Lane : 7 Athlete: NEETESONNE LOTTE					Q-time: 03:15:00
PB (50m pool): 03:15.00 Gent 08/02/2026 PB (25m pool): no time SB: 03:15.00 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:30.64	no time	03:15.00	
	no time				
					

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+					Heat:3, starttime: 10:15
Heat: 3/4 Lane : 5 Athlete: BOGAERT AMANI					Q-time: 02:38:97
PB (50m pool): 02:38.97 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:34.23 SB: 02:38.97 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.30	01:19.04	02:00.99	02:38.97	
	00:37.30	00:41.74	00:41.95	00:37.98	
					

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+					Heat:2, starttime: 10:26
Heat: 2/4 Lane : 3 Athlete: ROGIERS LUCAS					Q-time: 02:30:71
PB (50m pool): 02:30.71 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:25.86 SB: 02:30.71 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.49	01:12.89	01:52.06	02:30.71	
	00:34.49	00:38.40	00:39.17	00:38.65	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:2, starttime: 10:26
Heat: 2/4 Lane : 6 Athlete: DE RYBEL ANTHONY					Q-time: 02:32:69
PB (50m pool): 02:32.69 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:31.87 SB: 02:32.69 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.22	01:14.85	01:55.61	02:32.69	
	00:35.22	00:39.63	00:40.76	00:37.08	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:3, starttime: 10:29
Heat: 3/4 Lane : 8 Athlete: VAN ACHTER MAURO					Q-time: 02:24:83
PB (50m pool): 02:24.83 Aalst 11/05/2025 PB (25m pool): 02:20.50 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.05	01:10.55	01:48.69	02:24.83	
	00:33.05	00:37.50	00:38.14	00:36.14	
					

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+					Heat:2, starttime: 10:40
Heat: 2/4 Lane : 3 Athlete: ROGIERS LOTTE					Q-time: 03:23:35
PB (50m pool): 03:23.35 Sportoase De Watermolen 29/03/2026 PB (25m pool): 03:12.32 SB: 03:23.35 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.44	01:40.87	02:40.25	03:23.35	
	00:46.44	00:54.43	00:59.38	00:43.10	
					

Coach feedback:

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Event number: 9: 200M MEDLEY WOMEN 11+					Heat:2, starttime: 10:40
Heat: 2/4 Lane : 6 Athlete: DE NIL KAAT					Q-time: 03:44:87
PB (50m pool): 03:44.87 Gent 08/02/2026					PB (25m pool): 03:28.11 SB: 03:44.87 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:53.96	02:55.80	03:44.87	
	no time		01:01.84	00:49.07	
					

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 11:25
Heat: 1/5 Lane : 4 Athlete: DE NIL KAAT					Q-time: 00:54:15
PB (50m pool): 00:54.15 Aalst 11/05/2025					PB (25m pool): no time SB: no time
	5 0 M				
PB	00:54.15				
	00:54.15				
					

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 11:25
Heat: 1/5 Lane : 5 Athlete: VAN ACHTER JUNE					Q-time: 00:56:19
PB (50m pool): 00:56.19 Aalst 11/05/2025					PB (25m pool): 00:53.14 SB: no time
	5 0 M				
PB	00:56.19				
	00:56.19				
					

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 11:27
Heat: 2/5 Lane : 8 Athlete: NEETESONNE LOTTE					Q-time: 00:52:58
PB (50m pool): 00:52.58 Gent 08/02/2026					PB (25m pool): 00:53.31 SB: 00:52.58 Gent 08/02/2026
	5 0 M				
PB	00:52.58				
	00:52.58				
					

Coach feedback:

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

Event number: 15: 50M BREASTSTROKE WOMEN 11+						Heat:3, starttime: 11:28	
Heat: 3/5 Lane : 5 Athlete: GOOSSENS TARA					Q-time: 00:37:71		
PB (50m pool): 00:37.71 Antwerpen 15/03/2026						PB (25m pool): 00:37.02 SB: 00:37.71 Antwerpen 15/03/2026	
	5 0 M						
PB	00:37.71						
	00:37.71						
							

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 11:31	
Heat: 5/5 Lane : 8 Athlete: VAN SLYCKEN LOUISE							Q-time: 00:46:39	
PB (50m pool): 00:46.39 Gent 08/02/2026							PB (25m pool): 00:45.24 SB: 00:46.39 Gent 08/02/2026	
	5 0 M							
PB	00:46.39							
	00:46.39							
								

Coach feedback:

Event number: 16: 50M BREASTSTROKE MEN 11+						Heat:2, starttime: 11:34	
Heat: 2/5 Lane : 4 Athlete: YILDIZ AMMAR						Q-time: 00:45:68	
PB (50m pool): 00:45.68 Gent 08/02/2026						PB (25m pool): 00:45.52 SB: 00:45.68 Gent 08/02/2026	
	5 0 M						
PB	00:45.68						
	00:45.68						
							

Coach feedback:

Event number: 16: 50M BREASTSTROKE MEN 11+					Heat:4, starttime: 11:37	
Heat: 4/5 Lane : 3 Athlete: LAMMENS XANDER					Q-time: 00:34:54	
PB (50m pool): 00:32.90 Aalst 15/05/2022					PB (25m pool): 00:32.58SB: 00:34.96 Lochristi 01/02/2026	
	5 0 M					
PB	00:32.90					
	00:32.90					
						

Coach feedback:

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

Event number: 16: 50M BREASTSTROKE MEN 11+						Heat:4, starttime: 11:37						
Heat: 4/5 Lane : 5 Athlete: FELIES JARNE						Q-time: 00:33:35						
PB (50m pool): 00:33.35 Antwerpen 15/03/2026						PB (25m pool): 00:32.41 SB: 00:33.35 Antwerpen 15/03/2026						
	5 0 M											
PB	00:33.35											
	00:33.35											
												

Coach feedback:

Event number: 16: 50M BREASTSTROKE MEN 11+					Heat:5, starttime: 11:39	
Heat: 5/5 Lane : 1 Athlete: DE RYBEL ANTHONY					Q-time: 00:42:41	
PB (50m pool): no time					PB (25m pool): 00:40.74 SB: no time	
	5 0 M					
PB	no time					
	no time					
	no time					
						

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+						Heat:3, starttime: 11:43	
Heat: 3/9 Lane : 1 Athlete: ROGIERS LOTTE						Q-time: 00:36:41	
PB (50m pool): 00:36.41 LOCHRISTI 25/01/2026						PB (25m pool): 00:34.26 SB: 00:36.41 LOCHRISTI 25/01/2026	
	5 0 M						
PB	00:36.41						
	00:36.41						
							

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+						Heat:6, starttime: 11:47	
Heat: 6/9 Lane : 4 Athlete: LAMMENS ALIX						Q-time: 00:31:02	
PB (50m pool): 00:31.02 Antwerpen 08/03/2026						PB (25m pool): 00:30.57 SB: 00:31.02 Antwerpen 08/03/2026	
	5 0 M						
PB	00:31.02						
	00:31.02						
							

Coach feedback:

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

Event number: 18: 50M FREESTYLE MEN 11+						Heat:2, starttime: 11:54	
Heat: 2/9 Lane : 4 Athlete: GOOSSENS HENDRIK						Q-time: 00:38:40	
PB (50m pool): 00:38.40 LOCHRISTI 25/01/2026						PB (25m pool): no time SB: 00:38.40 LOCHRISTI 25/01/2026	
	5 0 M						
PB	00:38.40						
	00:38.40						
							

Coach feedback:

Event number: 18: 50M FREESTYLE MEN 11+						Heat:5, starttime: 11:58	
Heat: 5/9 Lane : 7 Athlete: ROGIERS LOUIS						Q-time: 00:30:27	
PB (50m pool): 00:30.27 Gent 08/02/2026						PB (25m pool): 00:29.94 SB: 00:30.27 Gent 08/02/2026	
	5 0 M						
PB	00:30.27						
	00:30.27						
							

Coach feedback:

Event number: 18: 50M FREESTYLE MEN 11+						Heat:6, starttime: 11:59	
Heat: 6/9 Lane : 5 Athlete: VAN LAERE JUUL						Q-time: 00:27:85	
PB (50m pool): 00:27.85 Gent 08/02/2026						PB (25m pool): 00:26.50 SB: 00:27.85 Gent 08/02/2026	
	5 0 M						
PB	00:27.85						
	00:27.85						
							

Coach feedback: