

Memorial H Braeckman: Session: 2: COACH evaluation sheet for TEAM: DZO

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 21: 100M BUTTERFLY MEN 11+ Heat:3, starttime: 14:11

Heat: 3/4 Lane : 8 Athlete: VAN DEN ABBEELE TOON Q-time: 01:16:80

PB (50m pool): 01:16.80 Aalst 11/05/2025 PB (25m pool): 01:12.56 SB: 01:17.31 Sportoase De Watermolen 29/03/2025

	5 0 M	1 0 0 M	
PB	00:35.55	01:16.80	
	00:35.55	00:41.25	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+ Heat:5, starttime: 14:26

Heat: 5/9 Lane : 2 Athlete: HOFMAN LILY Q-time: 01:25:79

PB (50m pool): 01:25.79 Gent 08/02/2026 PB (25m pool): 01:27.44 SB: 01:25.79 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:42.32	01:25.79	
	00:42.32	00:43.47	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+ Heat:7, starttime: 14:31

Heat: 7/9 Lane : 7 Athlete: HOFMAN ROSE Q-time: 01:20:06

PB (50m pool): 01:20.06 Antwerpen 15/03/2026 PB (25m pool): 01:24.22 SB: 01:20.06 Antwerpen 15/03/2026

	5 0 M	1 0 0 M	
PB	00:38.82	01:20.06	
	00:38.82	00:41.24	
			

Coach feedback:

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Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:7, starttime: 14:31
Heat: 7/9 Lane : 8 Athlete: SMET ALINE			Q-time: 01:21:18
PB (50m pool): 01:21.18 Antwerpen 15/03/2026			PB (25m pool): no time SB: 01:21.18 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.81	01:21.18	
	00:39.81	00:41.37	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 14:41
Heat: 2/7 Lane : 8 Athlete: GANSEMAN JACK			Q-time: 01:37:27
PB (50m pool): no time			PB (25m pool): 01:37.27 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 14:51
Heat: 6/7 Lane : 8 Athlete: HOFMAN OTIS			Q-time: 01:09:69
PB (50m pool): 01:09.69 Antwerpen 15/03/2026			PB (25m pool): 01:07.97 SB: 01:09.69 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.42	01:09.69	
	00:33.42	00:36.27	
			

Coach feedback:

Event number: 29: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 15:26
Heat: 2/4 Lane : 4 Athlete: CEULEMANS AMINA			Q-time: 01:36:71
PB (50m pool): 01:36.71 Antwerpen 13/07/2025			PB (25m pool): 01:36.20 SB: 01:39.11 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:46.11	01:36.71	
	00:46.11	00:50.60	
			

Coach feedback:

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Event number: 29: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 15:26
Heat: 2/4 Lane : 6 Athlete: HOFMAN ROSE			Q-time: 01:39:55
PB (50m pool): 01:39.55 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:36.82 SB: no time			
	5 0 M	1 0 0 M	
PB	00:47.24	01:39.55	
	00:47.24	00:52.31	
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11+			Heat:1, starttime: 15:34
Heat: 1/5 Lane : 5 Athlete: GANSEMAN JACK			Q-time: 02:07:30
PB (50m pool): 02:07.30 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:14.29 SB: 02:07.30 Sportoase De Watermolen 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:58.28	02:07.30	
	00:58.28	01:09.02	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 15:52
Heat: 4/11 Lane : 3 Athlete: HOFMAN LILY			Q-time: 01:16:03
PB (50m pool): 01:16.03 LOCHRISTI 25/01/2026 PB (25m pool): 01:15.32 SB: 01:16.03 LOCHRISTI 25/01/2026			
	5 0 M	1 0 0 M	
PB	no time	01:16.03	
	no time		
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 15:56
Heat: 6/11 Lane : 1 Athlete: VAN BIESEN ELLA			Q-time: 01:11:61
PB (50m pool): 01:11.61 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:08.62 SB: 01:11.61 Sportoase De Watermolen 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:34.42	01:11.61	
	00:34.42	00:37.19	
			

Coach feedback:

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Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 15:56
Heat: 6/11 Lane : 7 Athlete: SMET ALINE			Q-time: 01:11:24
PB (50m pool): 01:11.24 Gent 08/02/2026			PB (25m pool): 01:09.91 SB: 01:11.24 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:33.96	01:11.24	
	00:33.96	00:37.28	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 16:05
Heat: 11/11 Lane : 6 Athlete: VEKEMANS RENA			Q-time: 01:01:38
PB (50m pool): 01:01.75 Antwerpen 12/02/2023			PB (25m pool): 00:59.86 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:01.75	
	no time		
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:6, starttime: 16:17
Heat: 6/10 Lane : 5 Athlete: HOFMAN OTIS			Q-time: 01:03:72
PB (50m pool): 01:03.72 Gent 08/02/2026			PB (25m pool): 01:03.29 SB: 01:03.72 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:30.33	01:03.72	
	00:30.33	00:33.39	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:8, starttime: 16:20
Heat: 8/10 Lane : 8 Athlete: VAN DEN ABBEELE TOON			Q-time: 01:01:66
PB (50m pool): 01:01.66 Gent 08/02/2026			PB (25m pool): 00:59.44 SB: 01:01.66 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:29.31	01:01.66	
	00:29.31	00:32.35	
			

Coach feedback: