

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

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 21: 100M BUTTERFLY MEN 11+			Heat:4, starttime: 14:13
Heat: 4/4 Lane : 3 Athlete: DE RYCK SEPPE			Q-time: 01:01:58
PB (50m pool): 01:01.58 Antwerpen 15/03/2026			PB (25m pool): 01:03.78 SB: 01:01.58 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:29.31	01:01.58	
	00:29.31	00:32.27	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 14:18
Heat: 2/9 Lane : 5 Athlete: VANDECASTEELE MARTHE			Q-time: 01:40:59
PB (50m pool): no time			PB (25m pool): 01:40.59 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 14:24
Heat: 4/9 Lane : 5 Athlete: LEFEBRE ELENA			Q-time: 01:28:69
PB (50m pool): no time			PB (25m pool): 01:28.69 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:7, starttime: 14:31
Heat: 7/9 Lane : 2 Athlete: HOTTINGER NYAH			Q-time: 01:19:74
PB (50m pool): 01:19.74 LOCHRISTI 25/01/2026			PB (25m pool): 01:17.21 SB: 01:19.74 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:19.74	
	no time		
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 14:34
Heat: 8/9 Lane : 5 Athlete: THIELMAN PAULIEN			Q-time: 01:15:97
PB (50m pool): 01:15.97 Aalst 11/05/2025			PB (25m pool): 01:13.23 SB: 01:17.90 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	00:36.71	01:15.97	
	00:36.71	00:39.26	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 14:44
Heat: 3/7 Lane : 4 Athlete: VAN DAELE GILLES			Q-time: 01:21:12
PB (50m pool): 01:43.83 WACHTEBEKE 01/12/2019			PB (25m pool): 01:21.28 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:43.83	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 14:49
Heat: 5/7 Lane : 8 Athlete: VAN OEVELEN NOAH			Q-time: 01:17:47
PB (50m pool): 01:17.47 LOCHRISTI 25/01/2026			PB (25m pool): 01:15.38 SB: 01:17.47 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:17.47	
	no time		
			

Coach feedback:

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

Event number: 29: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 15:26
Heat: 2/4 Lane : 2 Athlete: DHONDT LINE			Q-time: 01:40:29
PB (50m pool): 01:40.29 Lochristi 01/02/2026			PB (25m pool): 01:38.42 SB: 01:40.29 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:40.29	
	no time		
			

Coach feedback:

Event number: 29: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 15:29
Heat: 3/4 Lane : 6 Athlete: LEFEBRE ELENA			Q-time: 01:32:77
PB (50m pool): 01:44.51 Aalst 28/04/2024			PB (25m pool): 01:32.77 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:44.51	
	no time		
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11+			Heat:4, starttime: 15:41
Heat: 4/5 Lane : 8 Athlete: LARHDIR RAYAN			Q-time: 01:20:78
PB (50m pool): 01:20.78 Antwerpen 15/03/2026			PB (25m pool): 01:19.22 SB: 01:20.78 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.98	01:20.78	
	00:36.98	00:43.80	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 15:54
Heat: 5/11 Lane : 2 Athlete: SCHEERS JASMIJN			Q-time: 01:12:77
PB (50m pool): 01:12.77 Antwerpen 15/03/2026			PB (25m pool): 01:11.86 SB: 01:12.77 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.80	01:12.77	
	00:34.80	00:37.97	
			

Coach feedback:

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

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 16:00
Heat: 8/11 Lane : 6 Athlete: THIELMAN PAULIEN			Q-time: 01:07:52
PB (50m pool): 01:07.52 Aalst 11/05/2025			PB (25m pool): 01:04.81 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.44	01:07.52	
	00:32.44	00:35.08	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 16:01
Heat: 9/11 Lane : 8 Athlete: DE WITTE FIEN			Q-time: 01:07:15
PB (50m pool): 01:07.15 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:04.73 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.39	01:07.15	
	00:32.39	00:34.76	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 16:03
Heat: 10/11 Lane : 6 Athlete: HOTTINGER NYAH			Q-time: 01:04:30
PB (50m pool): 01:04.30 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:03.22 SB: 01:04.30 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:30.89	01:04.30	
	00:30.89	00:33.41	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:4, starttime: 16:13
Heat: 4/10 Lane : 3 Athlete: VAN DAELE GILLES			Q-time: 01:08:53
PB (50m pool): 01:06.14 Aalst 28/04/2024			PB (25m pool): 01:03.70 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:06.14	
	no time		
			

Coach feedback:

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

Event number: 32: 100M FREESTYLE MEN 11+			Heat:5, starttime: 16:15
Heat: 5/10 Lane : 2 Athlete: VAN OEVELEN NOAH			Q-time: 01:05:87
PB (50m pool): 01:05.87 Lochristi 01/02/2026			PB (25m pool): 01:03.15 SB: 01:05.87 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:05.87	
	no time		
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:5, starttime: 16:15
Heat: 5/10 Lane : 7 Athlete: LARHDIR RAYAN			Q-time: 01:06:34
PB (50m pool): 01:06.34 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:05.87 SB: 01:06.34 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:31.81	01:06.34	
	00:31.81	00:34.53	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:9, starttime: 16:22
Heat: 9/10 Lane : 3 Athlete: DE RYCK SEPPE			Q-time: 00:57:68
PB (50m pool): 00:57.68 Antwerpen 15/03/2026			PB (25m pool): 00:57.99 SB: 00:57.68 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:28.54	00:57.68	
	00:28.54	00:29.14	
			

Coach feedback: