

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

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 20: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 14:04
Heat: 2/2 Lane : 7 Athlete: LAMMENS ALIX			Q-time: 01:18:39
PB (50m pool): 01:18.39 Gent 08/02/2026			PB (25m pool): 01:16.42 SB: 01:18.39 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:35.87	01:18.39	
	00:35.87	00:42.52	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:2, starttime: 14:09
Heat: 2/4 Lane : 4 Athlete: ROGIERS LOUIS			Q-time: 01:17:91
PB (50m pool): 01:17.91 Antwerpen 15/03/2026			PB (25m pool): 01:14.27 SB: 01:17.91 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.21	01:17.91	
	00:36.21	00:41.70	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:3, starttime: 14:11
Heat: 3/4 Lane : 1 Athlete: VAN LAERE JUUL			Q-time: 01:12:89
PB (50m pool): 01:12.89 Gent 08/02/2026			PB (25m pool): 01:10.04 SB: 01:12.89 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:32.49	01:12.89	
	00:32.49	00:40.40	
			

Coach feedback:

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

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 14:18
Heat: 2/9 Lane : 2 Athlete: PHILIPS NOé			Q-time: 01:46:33
PB (50m pool): 01:46.33 Gent 08/02/2026			PB (25m pool): 01:43.44 SB: 01:46.33 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:50.36	01:46.33	
	00:50.36	00:55.97	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 14:18
Heat: 2/9 Lane : 7 Athlete: BOGAERT TIRZA			Q-time: 01:46:87
PB (50m pool): 01:46.87 Gent 08/02/2026			PB (25m pool): 01:38.81 SB: 01:46.87 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:52.15	01:46.87	
	00:52.15	00:54.72	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 14:21
Heat: 3/9 Lane : 2 Athlete: VAN ACHTER JUNE			Q-time: 01:37:71
PB (50m pool): 01:37.71 Antwerpen 15/03/2026			PB (25m pool): 01:33.96 SB: 01:37.71 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:47.44	01:37.71	
	00:47.44	00:50.27	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 14:21
Heat: 3/9 Lane : 5 Athlete: VAN SLYCKEN LOUISE			Q-time: 01:33:70
PB (50m pool): 01:33.70 Gent 08/02/2026			PB (25m pool): 01:29.10 SB: 01:33.70 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:45.07	01:33.70	
	00:45.07	00:48.63	
			

Coach feedback:

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Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 14:21
Heat: 3/9 Lane : 6 Athlete: DE NIL KAAT			Q-time: 01:35:75
PB (50m pool): 01:35.75 Antwerpen 15/03/2026			PB (25m pool): 01:32.12 SB: 01:35.75 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:45.94	01:35.75	
	00:45.94	00:49.81	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 14:21
Heat: 3/9 Lane : 8 Athlete: NEETESONNE LOTTE			Q-time: 01:39:77
PB (50m pool): 01:39.77 Gent 08/02/2026			PB (25m pool): 01:33.83 SB: 01:39.77 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:39.77	
	no time		
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 14:24
Heat: 4/9 Lane : 7 Athlete: ROGIERS LOTTE			Q-time: 01:32:68
PB (50m pool): 01:32.68 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:31.18 SB: 01:32.68 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:46.78	01:32.68	
	00:46.78	00:45.90	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 14:26
Heat: 5/9 Lane : 4 Athlete: BOGAERT AMANI			Q-time: 01:23:89
PB (50m pool): 01:23.89 Antwerpen 15/03/2026			PB (25m pool): 01:21.93 SB: 01:23.89 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:42.00	01:23.89	
	00:42.00	00:41.89	
			

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+			Heat:1, starttime: 14:38
Heat: 1/7 Lane : 6 Athlete: GOOSSENS HENDRIK			Q-time: 01:49:92
PB (50m pool): 01:49.92 Gent 08/02/2026			PB (25m pool): 01:43.80 SB: 01:49.92 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:53.87	01:49.92	
	00:53.87	00:56.05	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 14:44
Heat: 3/7 Lane : 3 Athlete: DE RYBEL ANTHONY			Q-time: 01:22:03
PB (50m pool): 01:22.03 LOCHRISTI 25/01/2026			PB (25m pool): 01:17.97 SB: 01:22.03 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:22.03	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 14:46
Heat: 4/7 Lane : 4 Athlete: ROGIERS LUCAS			Q-time: 01:17:79
PB (50m pool): 01:17.79 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:19.22 SB: 01:17.79 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:37.91	01:17.79	
	00:37.91	00:39.88	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 14:46
Heat: 4/7 Lane : 5 Athlete: VAN ACHTER MAURO			Q-time: 01:17:96
PB (50m pool): 01:17.96 Gent 08/02/2026			PB (25m pool): 01:14.82 SB: 01:17.96 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:37.83	01:17.96	
	00:37.83	00:40.13	
			

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 14:49
Heat: 5/7 Lane : 7 Athlete: FELIES JARNE			Q-time: 01:14:07
PB (50m pool): 01:16.79 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 01:09.38 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:16.79	
	no time		
			

Coach feedback:

Event number: 29: 100M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 15:24
Heat: 1/4 Lane : 2 Athlete: BOGAERT TIRZA			Q-time: 02:07:18
PB (50m pool): 02:07.18 Sportoase De Watermolen 29/03/2026 PB (25m pool): no time SB: 02:07.18 Sportoase De Watermolen 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:58.76	02:07.18	
	00:58.76	01:08.42	
			

Coach feedback:

Event number: 29: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 15:31
Heat: 4/4 Lane : 6 Athlete: GOOSSENS TARA			Q-time: 01:23:85
PB (50m pool): 01:23.85 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:23.02 SB: 01:23.85 Sportoase De Watermolen 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:39.12	01:23.85	
	00:39.12	00:44.73	
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 15:36
Heat: 2/5 Lane : 1 Athlete: YILDIZ AMMAR			Q-time: 01:44:88
PB (50m pool): 01:44.88 Gent 08/02/2026 PB (25m pool): 01:38.51 SB: 01:44.88 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:48.71	01:44.88	
	00:48.71	00:56.17	
			

Coach feedback:

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Event number: 30: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 15:36
Heat: 2/5 Lane : 2 Athlete: GOOSSENS HENDRIK			Q-time: 01:37:98
PB (50m pool): 01:37.98 Sportoase De Watermolen 29/03/2026 PB (25m pool): no time SB: 01:37.98 Sportoase De Watermolen 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:46.95	01:37.98	
	00:46.95	00:51.03	
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 15:36
Heat: 2/5 Lane : 4 Athlete: DE RYBEL ANTHONY			Q-time: 01:30:94
PB (50m pool): 01:30.94 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:24.17 SB: 01:30.94 Sportoase De Watermolen 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:42.25	01:30.94	
	00:42.25	00:48.69	
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 15:39
Heat: 3/5 Lane : 2 Athlete: LAMMENS XANDER			Q-time: 01:24:49
PB (50m pool): 01:17.97 GENK 21/07/2019 PB (25m pool): 01:13.85 SB: 01:24.49 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	no time	01:17.97	
	no time		
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11+			Heat:4, starttime: 15:41
Heat: 4/5 Lane : 7 Athlete: FELIES JARNE			Q-time: 01:18:13
PB (50m pool): 01:18.13 Gent 08/02/2026 PB (25m pool): 01:12.29 SB: 01:18.13 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:36.44	01:18.13	
	00:36.44	00:41.69	
			

Coach feedback:

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Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 15:48
Heat: 2/11 Lane : 4 Athlete: DE NIL KAAT			Q-time: 01:28:64
PB (50m pool): 01:28.64 Antwerpen 15/03/2026			PB (25m pool): 01:25.98 SB: 01:28.64 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.94	01:28.64	
	00:41.94	00:46.70	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 15:48
Heat: 2/11 Lane : 6 Athlete: VAN ACHTER JUNE			Q-time: 01:30:86
PB (50m pool): 01:30.86 Aalst 11/05/2025			PB (25m pool): 01:27.00 SB: 01:31.60 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:43.63	01:30.86	
	00:43.63	00:47.23	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 15:50
Heat: 3/11 Lane : 3 Athlete: VAN SLYCKEN LOUISE			Q-time: 01:23:12
PB (50m pool): 01:23.12 Gent 08/02/2026			PB (25m pool): 01:22.82 SB: 01:23.12 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:39.63	01:23.12	
	00:39.63	00:43.49	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 15:50
Heat: 3/11 Lane : 8 Athlete: NEETESONNE LOTTE			Q-time: 01:28:41
PB (50m pool): 01:28.41 Gent 08/02/2026			PB (25m pool): 01:25.60 SB: 01:28.41 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:41.17	01:28.41	
	00:41.17	00:47.24	
			

Coach feedback:

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

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 15:52
Heat: 4/11 Lane : 1 Athlete: PHILIPS NOé			Q-time: 01:20:32
PB (50m pool): 01:20.32 Gent 08/02/2026			PB (25m pool): 01:25.01 SB: 01:20.32 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:38.54	01:20.32	
	00:38.54	00:41.78	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 15:52
Heat: 4/11 Lane : 2 Athlete: ROGIERS LOTTE			Q-time: 01:17:99
PB (50m pool): 01:17.99 Antwerpen 15/03/2026			PB (25m pool): 01:23.83 SB: 01:17.99 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.17	01:17.99	
	00:39.17	00:38.82	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 15:54
Heat: 5/11 Lane : 4 Athlete: BOGAERT AMANI			Q-time: 01:11:80
PB (50m pool): 01:11.80 Gent 08/02/2026			PB (25m pool): 01:11.01 SB: 01:11.80 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:34.91	01:11.80	
	00:34.91	00:36.89	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 15:54
Heat: 5/11 Lane : 8 Athlete: GOOSSENS TARA			Q-time: 01:14:03
PB (50m pool): 01:11.01 Antwerpen 16/07/2023			PB (25m pool): 01:08.32 SB: 01:14.03 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:11.01	
	no time		
			

Coach feedback:

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

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 16:00
Heat: 8/11 Lane : 4 Athlete: LAMMENS ALIX			Q-time: 01:07:27
PB (50m pool): 01:07.27 Antwerpen 08/03/2026			PB (25m pool): 01:05.70 SB: 01:07.27 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:32.17	01:07.27	
	00:32.17	00:35.10	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:2, starttime: 16:09
Heat: 2/10 Lane : 7 Athlete: YILDIZ AMMAR			Q-time: 01:27:17
PB (50m pool): 01:27.17 Gent 08/02/2026			PB (25m pool): 01:25.01 SB: 01:27.17 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:39.39	01:27.17	
	00:39.39	00:47.78	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:4, starttime: 16:13
Heat: 4/10 Lane : 7 Athlete: ROGIERS LUCAS			Q-time: 01:09:60
PB (50m pool): 01:09.60 Gent 08/02/2026			PB (25m pool): 01:08.02 SB: 01:09.60 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:33.58	01:09.60	
	00:33.58	00:36.02	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:5, starttime: 16:15
Heat: 5/10 Lane : 1 Athlete: ROGIERS LOUIS			Q-time: 01:06:84
PB (50m pool): 01:06.84 Antwerpen 15/03/2026			PB (25m pool): 01:04.01 SB: 01:06.84 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:31.94	01:06.84	
	00:31.94	00:34.90	
			

Coach feedback:

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

Event number: 32: 100M FREESTYLE MEN 11+			Heat:5, starttime: 16:15
Heat: 5/10 Lane : 5 Athlete: VAN ACHTER MAURO			Q-time: 01:05:05
PB (50m pool): 01:05.05 Aalst 11/05/2025			PB (25m pool): 01:01.55 SB: 01:05.21 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:31.34	01:05.05	
	00:31.34	00:33.71	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:6, starttime: 16:17
Heat: 6/10 Lane : 4 Athlete: LAMMENS XANDER			Q-time: 01:03:61
PB (50m pool): 01:02.18 Lago Rozebroeken Gent 05/03/2023			PB (25m pool): 01:00.62 SB: 01:08.13 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:02.18	
	no time		
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:8, starttime: 16:20
Heat: 8/10 Lane : 1 Athlete: VAN LAERE JUUL			Q-time: 01:01:08
PB (50m pool): 01:01.08 Gent 08/02/2026			PB (25m pool): 00:57.83 SB: 01:01.08 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:29.10	01:01.08	
	00:29.10	00:31.98	
			

Coach feedback: