

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

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: De Pauw Bieke

Coaches: Vanderrijst Ananza

Coaches: De Ridder Elke

Coaches: Dierickx Kaat HEADCOACH

PB => Personal Best time SB => Seasons Best time: Season starting point: first of September.

Event number: 20: 100M BUTTERFLY WOMEN 11+			Heat:1, starttime: 14:02
Heat: 1/2 Lane : 2 Athlete: VAN GOETHEM LOTTE			Q-time: 01:37:67
PB (50m pool): 01:37.67 Antwerpen 20/07/2025			PB (25m pool): 01:35.58 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.32	01:37.67	
	00:43.32	00:54.35	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY WOMEN 11+			Heat:1, starttime: 14:02
Heat: 1/2 Lane : 5 Athlete: DE MEY AURORA			Q-time: 01:22:48
PB (50m pool): 01:22.48 Lochristi 01/02/2026			PB (25m pool): 01:20.50 SB: 01:22.48 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:22.48	
	no time		
			

Coach feedback:

Event number: 20: 100M BUTTERFLY WOMEN 11+			Heat:1, starttime: 14:02
Heat: 1/2 Lane : 6 Athlete: COWIE LORE			Q-time: 01:28:81
PB (50m pool): 01:28.81 Antwerpen 13/07/2025			PB (25m pool): 01:25.46 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.34	01:28.81	
	00:40.34	00:48.47	
			

Coach feedback:

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

Event number: 20: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 14:04
Heat: 2/2 Lane : 8 Athlete: COLPAERT JULIE			Q-time: 01:20:65
PB (50m pool): 01:20.65 Antwerpen 15/03/2026			PB (25m pool): 01:19.72 SB: 01:20.65 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.07	01:20.65	
	00:38.07	00:42.58	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:1, starttime: 14:07
Heat: 1/4 Lane : 4 Athlete: HAECK RUNE			Q-time: 01:47:72
PB (50m pool): no time			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:2, starttime: 14:09
Heat: 2/4 Lane : 6 Athlete: TAE LMAN YANN			Q-time: 01:23:95
PB (50m pool): no time			PB (25m pool): 01:21.66 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:2, starttime: 14:09
Heat: 2/4 Lane : 7 Athlete: HEYNZE OTIS			Q-time: 01:34:18
PB (50m pool): no time			PB (25m pool): 01:31.57 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: SWEM

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:3, starttime: 14:11
Heat: 3/4 Lane : 7 Athlete: VAN NEER LOWIEK			Q-time: 01:12:29
PB (50m pool): 01:12.29 Lochristi 01/02/2026			PB (25m pool): 01:11.86 SB: 01:12.29 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:12.29	
	no time		
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 14:18
Heat: 2/9 Lane : 3 Athlete: COLPAERT LEONIE			Q-time: 01:41:30
PB (50m pool): 01:41.30 Antwerpen 15/03/2026			PB (25m pool): 01:38.75 SB: 01:41.30 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:49.50	01:41.30	
	00:49.50	00:51.80	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 14:24
Heat: 4/9 Lane : 2 Athlete: MAES LENA			Q-time: 01:31:26
PB (50m pool): 01:31.26 LOCHRISTI 25/01/2026			PB (25m pool): 01:24.94 SB: 01:31.26 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:31.26	
	no time		
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 14:24
Heat: 4/9 Lane : 6 Athlete: VANDERSCHAEGHE ELLA			Q-time: 01:29:32
PB (50m pool): 01:29.32 LOCHRISTI 25/01/2026			PB (25m pool): 01:29.24 SB: 01:29.32 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:29.32	
	no time		
			

Coach feedback:

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

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 14:26
Heat: 5/9 Lane : 5 Athlete: DE WINTER LORE			Q-time: 01:23:95
PB (50m pool): 01:23.95 LOCHRISTI 25/01/2026			PB (25m pool): 01:22.51 SB: 01:23.95 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:23.95	
	no time		
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 14:34
Heat: 8/9 Lane : 6 Athlete: Taelman Yade			Q-time: 01:17:21
PB (50m pool): 01:17.21 LOCHRISTI 25/01/2026			PB (25m pool): 01:15.02 SB: 01:17.21 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:17.21	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 14:41
Heat: 2/7 Lane : 2 Athlete: VANDERSCHAE GHE DAAN			Q-time: 01:33:76
PB (50m pool): 01:33.76 Antwerpen 15/03/2026			PB (25m pool): 01:30.63 SB: 01:33.76 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:45.58	01:33.76	
	00:45.58	00:48.18	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 14:51
Heat: 6/7 Lane : 1 Athlete: VAN DE VIJVER NIELS			Q-time: 01:09:55
PB (50m pool): 01:09.55 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:05.13 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.88	01:09.55	
	00:33.88	00:35.67	
			

Coach feedback:

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

Event number: 29: 100M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 15:24
Heat: 1/4 Lane : 6 Athlete: COWIE EMMA			Q-time: 01:55:72
PB (50m pool): 01:55.72 Antwerpen 15/03/2026			PB (25m pool): 01:58.41 SB: 01:55.72 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:56.62	01:55.72	
	00:56.62	00:59.10	
			

Coach feedback:

Event number: 29: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 15:26
Heat: 2/4 Lane : 1 Athlete: COWIE LORE			Q-time: 01:42:66
PB (50m pool): 01:42.66 WACHTEBEKE 19/01/2025			PB (25m pool): 01:36.91 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:42.66	
	no time		
			

Coach feedback:

Event number: 29: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 15:26
Heat: 2/4 Lane : 7 Athlete: MAES LENA			Q-time: 01:42:42
PB (50m pool): 01:49.39 Antwerpen 14/07/2024			PB (25m pool): 01:39.16 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:49.39	
	no time		
			

Coach feedback:

Event number: 29: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 15:29
Heat: 3/4 Lane : 4 Athlete: THIELEMANS MAXINE			Q-time: 01:30:38
PB (50m pool): 01:30.38 Lochristi 01/02/2026			PB (25m pool): 01:28.82 SB: 01:30.38 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:30.38	
	no time		
			

Coach feedback:

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

Event number: 29: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 15:29
Heat: 3/4 Lane : 7 Athlete: DE MEY AURORA			Q-time: 01:33:38
PB (50m pool): 01:33.38 Lochristi 01/02/2026			PB (25m pool): 01:30.81 SB: 01:33.38 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:33.38	
	no time		
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 15:36
Heat: 2/5 Lane : 8 Athlete: VANDERSCHAE GHE DAAN			Q-time: 01:48:47
PB (50m pool): 01:48.47 Antwerpen 15/03/2026			PB (25m pool): 01:47.38 SB: 01:48.47 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:52.18	01:48.47	
	00:52.18	00:56.29	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 15:48
Heat: 2/11 Lane : 3 Athlete: COLPAERT LEONIE			Q-time: 01:30:83
PB (50m pool): 01:30.83 Antwerpen 15/03/2026			PB (25m pool): 01:26.38 SB: 01:30.83 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.70	01:30.83	
	00:41.70	00:49.13	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 15:48
Heat: 2/11 Lane : 5 Athlete: COWIE EMMA			Q-time: 01:28:93
PB (50m pool): 01:28.93 Antwerpen 15/03/2026			PB (25m pool): 01:32.27 SB: 01:28.93 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.58	01:28.93	
	00:39.58	00:49.35	
			

Coach feedback:

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

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 15:50
Heat: 3/11 Lane : 4 Athlete: THIELEMANS MAXINE			Q-time: 01:21:77
PB (50m pool): 01:23.39 Antwerp 02/02/2025			PB (25m pool): 01:22.80 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.98	01:23.39	
	00:40.98	00:42.41	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 15:52
Heat: 4/11 Lane : 8 Athlete: VANDERSCHAEGHE ELLA			Q-time: 01:21:60
PB (50m pool): 01:32.45 Aalst 30/04/2023			PB (25m pool): 01:15.15 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:32.45	
	no time		
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 15:54
Heat: 5/11 Lane : 7 Athlete: DE WINTER LORE			Q-time: 01:13:00
PB (50m pool): 01:13.00 Lochristi 01/02/2026			PB (25m pool): 01:10.18 SB: 01:13.00 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:13.00	
	no time		
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 15:56
Heat: 6/11 Lane : 5 Athlete: VAN GOETHEM LOTTE			Q-time: 01:10:39
PB (50m pool): 01:10.39 Antwerpen 08/03/2026			PB (25m pool): 01:11.37 SB: 01:10.39 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:34.53	01:10.39	
	00:34.53	00:35.86	
			

Coach feedback:

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

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 15:58
Heat: 7/11 Lane : 6 Athlete: COLPAERT JULIE			Q-time: 01:08:58
PB (50m pool): 01:08.58 Lochristi 01/02/2026			PB (25m pool): 01:06.99 SB: 01:08.58 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:08.58	
	no time		
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 15:58
Heat: 7/11 Lane : 7 Athlete: Taelman Yade			Q-time: 01:09:60
PB (50m pool): 01:09.60 Antwerpen 13/07/2025			PB (25m pool): 01:07.76 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.08	01:09.60	
	00:34.08	00:35.52	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:3, starttime: 16:11
Heat: 3/10 Lane : 2 Athlete: HEYNZE OTIS			Q-time: 01:13:09
PB (50m pool): 01:13.09 Antwerpen 15/03/2026			PB (25m pool): 01:16.07 SB: 01:13.09 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.68	01:13.09	
	00:35.68	00:37.41	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:3, starttime: 16:11
Heat: 3/10 Lane : 4 Athlete: Haeck Rune			Q-time: 01:10:59
PB (50m pool): 01:10.59 Lochristi 01/02/2026			PB (25m pool): 01:10.38 SB: 01:10.59 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:10.59	
	no time		
			

Coach feedback:

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

Event number: 32: 100M FREESTYLE MEN 11+			Heat:6, starttime: 16:17
Heat: 6/10 Lane : 7 Athlete: TAELEMAN YANN			Q-time: 01:04:56
PB (50m pool): 01:04.56 Antwerpen 13/07/2025			PB (25m pool): 01:02.43 SB: 01:05.28 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	00:31.35	01:04.56	
	00:31.35	00:33.21	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:7, starttime: 16:19
Heat: 7/10 Lane : 8 Athlete: VAN NEER LOWIEK			Q-time: 01:03:40
PB (50m pool): 01:03.40 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:01.37 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.14	01:03.40	
	00:31.14	00:32.26	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:9, starttime: 16:22
Heat: 9/10 Lane : 5 Athlete: VAN DE VIJVER NIELS			Q-time: 00:57:63
PB (50m pool): 00:57.63 Antwerpen 13/07/2025			PB (25m pool): 00:56.25 SB: no time
	5 0 M	1 0 0 M	
PB	00:27.78	00:57.63	
	00:27.78	00:29.85	
			

Coach feedback: