

FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 07:30 untill 08:35. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bijloos Annie

Coaches: De Smedt Leny HEADCOACH

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

Event number: 1: 100M BREASTSTROKE MEN 11+ Heat:13, starttime: 09:10

Heat: 13/19 Lane : 3 Athlete: POPPE WARRE		Q-time: 01:19:79	
PB (50m pool): 01:19.79 Lochristi 01/02/2026		PB (25m pool): 01:15.69 SB: 01:19.79 Lochristi 01/02/2026	
	5 0 M	1 0 0 M	
PB	no time	01:19.79	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+ Heat:17, starttime: 09:17

Heat: 17/19 Lane : 0 Athlete: VERHULST LENNERT		Q-time: 01:13:28	
PB (50m pool): 01:12.17 Antwerpen 22/03/2026		PB (25m pool): 01:08.87 SB: 01:12.17 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M	
PB	00:33.37	01:12.17	
	00:33.37	00:38.80	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+ Heat:19, starttime: 09:21

Heat: 19/19 Lane : 1 Athlete: VERHULST MEINDERT		Q-time: 01:11:30	
PB (50m pool): 01:11.67 Lochristi 01/02/2026		PB (25m pool): 01:11.79 SB: 01:11.67 Lochristi 01/02/2026	
	5 0 M	1 0 0 M	
PB	no time	01:11.67	
	no time		
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 09:45
Heat: 11/18 Lane : 8 Athlete: DEBAETS ELIEN			Q-time: 01:33:23
PB (50m pool): 01:33.23 Lochristi 01/02/2026			PB (25m pool): 01:32.64 SB: 01:33.23 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:33.23	
	no time		
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:17, starttime: 09:56
Heat: 17/18 Lane : 8 Athlete: VAN DE WINKEL LOLA			Q-time: 01:23:40
PB (50m pool): 01:23.40 Antwerpen 08/03/2026			PB (25m pool): 01:23.64 SB: 01:23.40 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:39.64	01:23.40	
	00:39.64	00:43.76	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:2, starttime: 10:03
Heat: 2/14 Lane : 8 Athlete: MAES JORDY			Q-time: 99:99:99
PB (50m pool): 01:18.54 Lago Gent Rozebroeken 05/05/2024			PB (25m pool): 01:14.16 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:18.54	
	no time		
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:8, starttime: 10:14
Heat: 8/14 Lane : 4 Athlete: VAN DEN BREMT MATHIAS			Q-time: 01:11:60
PB (50m pool): 01:11.60 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:07.05 SB: 01:13.13 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	00:32.86	01:11.60	
	00:32.86	00:38.74	
			

Coach feedback:

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Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:5, starttime: 10:34
Heat: 5/11 Lane : 1 Athlete: VANDER MIJNSBRUGGE LORE			Q-time: 01:22:55
PB (50m pool): 01:22.07 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:20.73 SB: 01:22.07 Sportoase De Watermolen 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:36.06	01:22.07	
	00:36.06	00:46.01	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:7, starttime: 10:37
Heat: 7/11 Lane : 6 Athlete: VAN DE WINKEL LOLA			Q-time: 01:16:83
PB (50m pool): 01:16.83 Antwerpen 08/03/2026 PB (25m pool): 01:16.54 SB: 01:16.83 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	
PB	00:35.27	01:16.83	
	00:35.27	00:41.56	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:9, starttime: 10:41
Heat: 9/11 Lane : 7 Athlete: VAN DEN BREMT SARAH			Q-time: 01:10:97
PB (50m pool): 01:10.97 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:10.96 SB: 01:11.42 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:32.70	01:10.97	
	00:32.70	00:38.27	
			

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+				Heat:12, starttime: 12:20
Heat: 12/16 Lane : 5 Athlete: VANDER MIJNSBRUGGE LORE				Q-time: 02:45:91
PB (50m pool): 02:45.91 Gent 08/02/2026 PB (25m pool): 02:43.90 SB: 02:45.91 Gent 08/02/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:38.24	01:21.21	02:04.94	02:45.91
	00:38.24	00:42.97	00:43.73	00:40.97
				

Coach feedback: