

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

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

Coaches: Van Achter Rudy HEADCOACH

Coaches: Lammens Tim

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

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:1, starttime: 08:45
Heat: 1/19 Lane : 4 Athlete: HEIJL RUBEN			Q-time: 99:99:99
PB (50m pool): 01:42.74 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 01:29.72 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:42.74	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 08:48
Heat: 2/19 Lane : 0 Athlete: VAN DEN BORRE AARON			Q-time: 99:99:99
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: 1: 100M BREASTSTROKE MEN 11+			Heat:6, starttime: 08:57
Heat: 6/19 Lane : 6 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:

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Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:9, starttime: 09:03
Heat: 9/19 Lane : 4 Athlete: VAN LAERE JUUL			Q-time: 01:27:12
PB (50m pool): 01:27.12 Gent 08/02/2026			PB (25m pool): 01:25.06 SB: 01:27.12 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:40.47	01:27.12	
	00:40.47	00:46.65	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:9, starttime: 09:03
Heat: 9/19 Lane : 6 Athlete: VAN ACHTER MAURO			Q-time: 01:28:62
PB (50m pool): 01:28.62 Gent 08/02/2026			PB (25m pool): 01:21.92 SB: 01:28.62 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:41.08	01:28.62	
	00:41.08	00:47.54	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:14, starttime: 09:12
Heat: 14/19 Lane : 3 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:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 09:25
Heat: 2/18 Lane : 7 Athlete: ROGIERS LOTTE			Q-time: 01:57:93
PB (50m pool): 01:57.93 Gent 08/02/2026			PB (25m pool): 01:50.96 SB: 01:57.93 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:57.64	01:57.93	
	00:57.64	01:00.29	
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 09:28
Heat: 3/18 Lane : 4 Athlete: LAMMENS YELISA			Q-time: 01:50:53
PB (50m pool): 01:50.53 Gent 08/02/2026			PB (25m pool): 01:59.55 SB: 01:50.53 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:51.81	01:50.53	
	00:51.81	00:58.72	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 09:28
Heat: 3/18 Lane : 7 Athlete: NEETESONNE LOTTE			Q-time: 01:53:84
PB (50m pool): 01:53.84 Gent 08/02/2026			PB (25m pool): no time SB: 01:53.84 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:53.60	01:53.84	
	00:53.60	01:00.24	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 09:28
Heat: 3/18 Lane : 9 Athlete: VAN ACHTER JUNE			Q-time: 01:54:63
PB (50m pool): 01:54.63 Gent 08/02/2026			PB (25m pool): 01:49.88 SB: 01:54.63 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:53.81	01:54.63	
	00:53.81	01:00.82	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 09:30
Heat: 4/18 Lane : 0 Athlete: DE NIL KAAT			Q-time: 01:49:55
PB (50m pool): 01:49.55 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:48.78 SB: 01:51.82 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:53.07	01:49.55	
	00:53.07	00:56.48	
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 09:30
Heat: 4/18 Lane : 6 Athlete: PHILIPS NOé			Q-time: 01:46:13
PB (50m pool): 01:46.13 Gent 08/02/2026			PB (25m pool): 01:47.43 SB: 01:46.13 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:50.37	01:46.13	
	00:50.37	00:55.76	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:18, starttime: 09:58
Heat: 18/18 Lane : 0 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: 3: 100M BUTTERFLY MEN 11+			Heat:4, starttime: 10:07
Heat: 4/14 Lane : 8 Athlete: ROGIERS LUCAS			Q-time: 01:29:34
PB (50m pool): 01:29.34 Gent 08/02/2026			PB (25m pool): 01:26.73 SB: 01:29.34 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:41.18	01:29.34	
	00:41.18	00:48.16	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:6, starttime: 10:11
Heat: 6/14 Lane : 2 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:

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Event number: 3: 100M BUTTERFLY MEN 11+			Heat:8, starttime: 10:14
Heat: 8/14 Lane : 1 Athlete: VAN ACHTER MAURO			Q-time: 01:12:84
PB (50m pool): 01:12.84 Aalst 11/05/2025			PB (25m pool): 01:11.37 SB: 01:20.30 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:33.53	01:12.84	
	00:33.53	00:39.31	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:8, starttime: 10:14
Heat: 8/14 Lane : 8 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:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:9, starttime: 10:16
Heat: 9/14 Lane : 9 Athlete: VERHENNE TIM			Q-time: 01:11:57
PB (50m pool): 01:11.57 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:10.72 SB: 01:11.57 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:32.98	01:11.57	
	00:32.98	00:38.59	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:1, starttime: 10:25
Heat: 1/11 Lane : 9 Athlete: ROGIERS LOTTE			Q-time: 99:99:99
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:

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Event number: 4: 100M BUTTERFLY WOMEN 11+				Heat:6, starttime: 10:35	
Heat: 6/11 Lane : 3 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: 5: 200M BACKSTROKE MEN 11+					Heat:1, starttime: 10:46	
Heat: 1/12 Lane : 4 Athlete: HEIJL RUBEN					Q-time: 99:99:99	
PB (50m pool): 03:04.48 Lago Gent Rozebroeken 05/05/2024					PB (25m pool): 03:10.69 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	no time	no time	03:04.48		
	no time					
						

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:1, starttime: 10:46	
Heat: 1/12 Lane : 6 Athlete: GOOSSENS HENDRIK					Q-time: 99:99:99	
PB (50m pool): no time					PB (25m pool): no time SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	no time	no time	no time		
	no time					
						

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:1, starttime: 10:46	
Heat: 1/12 Lane : 8 Athlete: ROGIERS LOUIS					Q-time: 99:99:99	
PB (50m pool): 03:17.28 Lago Gent Rozebroeken 05/05/2024					PB (25m pool): 02:44.32 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	no time	no time	03:17.28		
	no time					
						

Coach feedback:

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Event number: 5: 200M BACKSTROKE MEN 11+					Heat:2, starttime: 10:50
Heat: 2/12 Lane : 6 Athlete: VAN DEN BORRE AARON					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:3, starttime: 10:55
Heat: 3/12 Lane : 7 Athlete: ROGIERS LUCAS					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:10.31 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:2, starttime: 11:38
Heat: 2/16 Lane : 0 Athlete: NEETESONNE LOTTE					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:2, starttime: 11:38
Heat: 2/16 Lane : 9 Athlete: LAMMENS YELISA					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

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

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:4, starttime: 11:47
Heat: 4/16 Lane : 0 Athlete: GOOSSENS TARA					Q-time: 99:99:99
PB (50m pool): 03:14.71 Lago Gent Rozebroeken 01/05/2022 PB (25m pool): 03:35.05 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:14.71	
	no time				
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:4, starttime: 11:47
Heat: 4/16 Lane : 7 Athlete: PHILIPS NOé					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:47.47 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:4, starttime: 11:47
Heat: 4/16 Lane : 8 Athlete: DE NIL KAAT					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:5, starttime: 11:52
Heat: 5/16 Lane : 3 Athlete: VAN ACHTER JUNE					Q-time: 03:38:07
PB (50m pool): 03:38.07 Antwerpen 13/07/2025 PB (25m pool): 03:15.25 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:52.75	01:48.33	02:44.54	03:38.07	
	00:52.75	00:55.58	00:56.21	00:53.53	
					

Coach feedback:

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Event number: 6: 200M BACKSTROKE WOMEN 11+				Heat:13, starttime: 12:23	
Heat: 13/16 Lane : 6 Athlete: LAMMENS ALIX				Q-time: 02:43:99	
PB (50m pool): 02:43.99 Antwerpen 08/03/2026				PB (25m pool): 02:38.58 SB: 02:43.99 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.26	01:21.23	02:04.63	02:43.99	
	00:38.26	00:42.97	00:43.40	00:39.36	
					

Coach feedback: