

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

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

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:6, starttime: 08:57
Heat: 6/19 Lane : 8 Athlete: VANLERBERGHE MATTHIAS			Q-time: 01:38:95
PB (50m pool): 01:38.95 Antwerpen 13/07/2025			PB (25m pool): 01:33.41 SB: 01:39.45 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:46.76	01:38.95	
	00:46.76	00:52.19	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:11, starttime: 09:07
Heat: 11/19 Lane : 4 Athlete: RÉADY SEPPE			Q-time: 01:22:79
PB (50m pool): 01:22.79 Brugge 01/02/2026			PB (25m pool): 01:18.63 SB: 01:22.79 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:41.14	01:22.79	
	00:41.14	00:41.65	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:11, starttime: 09:07
Heat: 11/19 Lane : 9 Athlete: HUYGHEBAERT JULES			Q-time: 01:24:57
PB (50m pool): 01:24.57 Aalst 28/06/2025			PB (25m pool): 01:18.45 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.14	01:24.57	
	00:40.14	00:44.43	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:12, starttime: 09:09
Heat: 12/19 Lane : 9 Athlete: HEYLIGEN LUTZ			Q-time: 01:22:68
PB (50m pool): 01:22.68 Antwerpen 15/03/2026			PB (25m pool): 01:21.42 SB: 01:22.68 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.59	01:22.68	
	00:38.59	00:44.09	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:15, starttime: 09:14
Heat: 15/19 Lane : 8 Athlete: DHAENE NIELS			Q-time: 01:17:34
PB (50m pool): 01:17.34 Luxembourg - Kirchberg 15/03/2026			PB (25m pool): 01:15.70 SB: 01:17.34 Luxembourg - Kirchberg 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.97	01:17.34	
	00:36.97	00:40.37	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:19, starttime: 09:21
Heat: 19/19 Lane : 9 Athlete: MAENHOUT ARJEN			Q-time: 01:13:43
PB (50m pool): 01:13.43 Antwerp 02/02/2025			PB (25m pool): 01:09.32 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.85	01:13.43	
	00:34.85	00:38.58	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:7, starttime: 10:13
Heat: 7/14 Lane : 8 Athlete: HUYSENTRUYT FERRE-LOUIS			Q-time: 01:15:02
PB (50m pool): 01:15.02 Antwerpen 13/07/2025			PB (25m pool): 01:09.63 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.27	01:15.02	
	00:33.27	00:41.75	
			

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+						Heat:12, starttime: 10:21	
Heat: 12/14 Lane : 8 Athlete: DEMEYERE LARS					Q-time: 01:03:30		
PB (50m pool): 01:03.30 Luxembourg - Kirchberg 15/03/2026 PB (25m pool): 01:02.85 SB: 01:03.30 Luxembourg - Kirchberg 15/03/2026							
	5 0 M	1 0 0 M					
PB	00:29.77	01:03.30					
	00:29.77	00:33.53					
							

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+						Heat:14, starttime: 10:24	
Heat: 14/14 Lane : 1 Athlete: BEUNENS ILIAN						Q-time: 01:03:03	
PB (50m pool): 01:03.03 Antwerpen 15/03/2026						PB (25m pool): 01:01.61 SB: 01:03.03 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M					
PB	00:28.62	01:03.03					
	00:28.62	00:34.41					
							

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+						Heat:7, starttime: 10:37	
Heat: 7/11 Lane : 0 Athlete: MABBE NORAH					Q-time: 01:17:40		
PB (50m pool): 01:12.64 Antwerpen 16/07/2023						PB (25m pool): 01:08.06 SB: 01:17.40 Seraing 25/01/2026	
	5 0 M	1 0 0 M					
PB	no time	01:12.64					
	<i>no time</i>						
							

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:6, starttime: 11:09
Heat: 6/12 Lane : 8 Athlete: VANLERBERGHE MATTHIAS					Q-time: 03:00:64
PB (50m pool): 02:55.81 Antwerpen 14/07/2024					PB (25m pool): 02:51.85 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	02:55.81	
	<i>no time</i>				
					

Coach feedback:

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Event number: 5: 200M BACKSTROKE MEN 11+					Heat:7, starttime: 11:13
Heat: 7/12 Lane : 1 Athlete: RéADY SEPPE					Q-time: 02:53:22
PB (50m pool): 02:53.22 Antwerpen 13/07/2025					PB (25m pool): 02:50.29 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.80	01:27.52	02:12.01	02:53.22	
	00:42.80	00:44.72	00:44.49	00:41.21	
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:9, starttime: 11:20
Heat: 9/12 Lane : 8 Athlete: HUYGHEBAERT JULES					Q-time: 02:40:11
PB (50m pool): 02:40.11 Brugge 01/02/2026					PB (25m pool): 02:39.66 SB: 02:40.11 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.63	01:18.64	02:00.48	02:40.11	
	00:37.63	00:41.01	00:41.84	00:39.63	
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:11, starttime: 11:27
Heat: 11/12 Lane : 2 Athlete: BALCAEN SANDER					Q-time: 02:30:87
PB (50m pool): 02:30.87 Seraing 25/01/2026					PB (25m pool): 02:18.95 SB: 02:30.87 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.57	01:12.43	01:52.44	02:30.87	
	00:33.57	00:38.86	00:40.01	00:38.43	
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:11, starttime: 11:27
Heat: 11/12 Lane : 8 Athlete: DHAENE NIELS					Q-time: 02:31:59
PB (50m pool): 02:31.59 Antwerpen 13/07/2025					PB (25m pool): 02:26.08 SB: 02:38.59 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.81	01:14.41	01:53.78	02:31.59	
	00:35.81	00:38.60	00:39.37	00:37.81	
					

Coach feedback: