

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: FIRST

Coachinfo: Warming up from: 13:00 untill 14:05. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Cools Sandra HEADCOACH

PB => Personal Best time

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

Event number: 7: 100M BREASTSTROKE MIXED 10-9			Heat:2, starttime: 14:18
Heat: 2/2 Lane : 2 Athlete: VAN DEN BRULLE EBE			Q-time: 02:09:79
PB (50m pool): 02:03.07 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): no time SB: 02:03.07 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:57.06	02:03.07	
	00:57.06	01:06.01	
			

Coach feedback:

Event number: 7: 100M BREASTSTROKE MIXED 10-9			Heat:2, starttime: 14:18
Heat: 2/2 Lane : 4 Athlete: VAN HOECKE OONA			Q-time: 01:46:22
PB (50m pool): 01:46.22 LOCHRISTI 25/01/2026 PB (25m pool): 01:39.31 SB: 01:46.22 LOCHRISTI 25/01/2026			
	5 0 M	1 0 0 M	
PB	no time	01:46.22	
	no time		
			

Coach feedback:

Event number: 7: 100M BREASTSTROKE MIXED 10-9			Heat:2, starttime: 14:18
Heat: 2/2 Lane : 6 Athlete: VAN CAENEGEM LARS			Q-time: 02:03:94
PB (50m pool): 02:02.84 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): no time SB: 02:02.84 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	01:00.67	02:02.84	
	01:00.67	01:02.17	
			

Coach feedback:

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 8: 200M FREESTYLE MEN 11+					Heat:1, starttime: 14:21
Heat: 1/28 Lane : 4 Athlete: COSYN MATS					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: 8: 200M FREESTYLE MEN 11+					Heat:1, starttime: 14:21
Heat: 1/28 Lane : 5 Athlete: VAN DE MOERE SAMI					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: 8: 200M FREESTYLE MEN 11+					Heat:2, starttime: 14:25
Heat: 2/28 Lane : 2 Athlete: MARGUTTI MAURO					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 02:59.23 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: 8: 200M FREESTYLE MEN 11+					Heat:2, starttime: 14:25
Heat: 2/28 Lane : 5 Athlete: DE KEIJSER RAF					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:01.90 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: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 8: 200M FREESTYLE MEN 11+					Heat:2, starttime: 14:25
Heat: 2/28 Lane : 6 Athlete: MATAIGNE MICHEL					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: 8: 200M FREESTYLE MEN 11+					Heat:3, starttime: 14:30
Heat: 3/28 Lane : 8 Athlete: MILLET NOAH					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: 8: 200M FREESTYLE MEN 11+					Heat:4, starttime: 14:34
Heat: 4/28 Lane : 2 Athlete: DE KEIJSER STAF					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 02:57.14 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: 8: 200M FREESTYLE MEN 11+					Heat:4, starttime: 14:34
Heat: 4/28 Lane : 6 Athlete: DE VEERMAN ILAN					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: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 8: 200M FREESTYLE MEN 11+					Heat:5, starttime: 14:38
Heat: 5/28 Lane : 2 Athlete: DE CRAENE NATHEN					Q-time: 03:33:13
PB (50m pool): 03:33.13 Olympic Pool Wezenberg, Antwer 29/03/25 PB (25m pool): 03:25.82 SB: 03:33.13 Olympic Pool Wezenberg, Antwer 29/03/25					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.98	01:38.76	02:37.86	03:33.13	
	00:44.98	00:53.78	00:59.10	00:55.27	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:5, starttime: 14:38
Heat: 5/28 Lane : 6 Athlete: VERMEIR CAS					Q-time: 03:28:58
PB (50m pool): 03:28.58 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:04.88 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.95	01:41.06	02:34.73	03:28.58	
	00:46.95	00:54.11	00:53.67	00:53.85	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:6, starttime: 14:43
Heat: 6/28 Lane : 3 Athlete: ACKE MANU					Q-time: 03:05:19
PB (50m pool): 03:05.19 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.26	01:31.61	02:19.63	03:05.19	
	00:42.26	00:49.35	00:48.02	00:45.56	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:6, starttime: 14:43
Heat: 6/28 Lane : 8 Athlete: VAN KERKHOVE JORICK					Q-time: 03:19:15
PB (50m pool): 03:19.15 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:11.85 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.75	01:34.06	02:27.50	03:19.15	
	00:41.75	00:52.31	00:53.44	00:51.65	
					

Coach feedback:

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 8: 200M FREESTYLE MEN 11+					Heat:7, starttime: 14:47
Heat: 7/28 Lane : 1 Athlete: TRIEST JULES					Q-time: 02:59:78
PB (50m pool): 02:59.78 Antwerpen 13/07/2025					PB (25m pool): 02:57.36 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.62	01:27.03	02:14.40	02:59.78	
	00:41.62	00:45.41	00:47.37	00:45.38	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:7, starttime: 14:47
Heat: 7/28 Lane : 3 Athlete: DE WEVER ARTHUR					Q-time: 02:56:06
PB (50m pool): 02:56.06 Antwerpen 13/07/2025					PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.41	01:26.24	02:12.32	02:56.06	
	00:40.41	00:45.83	00:46.08	00:43.74	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:7, starttime: 14:47
Heat: 7/28 Lane : 4 Athlete: DAEM JOPPE					Q-time: 02:54:26
PB (50m pool): 02:54.26 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:44.96 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.08	01:25.22	02:12.07	02:54.26	
	00:40.08	00:45.14	00:46.85	00:42.19	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:7, starttime: 14:47
Heat: 7/28 Lane : 5 Athlete: MILLET LUCAS					Q-time: 02:54:72
PB (50m pool): 02:54.72 Aalst 11/05/2025					PB (25m pool): 02:40.15 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.60	01:24.56	02:10.38	02:54.72	
	00:38.60	00:45.96	00:45.82	00:44.34	
					

Coach feedback:

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 8: 200M FREESTYLE MEN 11+					Heat:8, starttime: 14:50
Heat: 8/28 Lane : 7 Athlete: COESSENS KOBE					Q-time: 02:49:59
PB (50m pool): 02:49.59 Olympic Pool Wezenberg, Antwer 29/07/25PB (25m pool): 02:50.48 SB: 02:49.59 Olympic Pool Wezenberg, Antwer 29/07/25					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.31	01:22.62	02:07.53	02:49.59	
	00:39.31	00:43.31	00:44.91	00:42.06	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:8, starttime: 14:50
Heat: 8/28 Lane : 8 Athlete: TIMMERMANS THEO					Q-time: 02:52:50
PB (50m pool): 02:52.50 Aalst 11/05/2025PB (25m pool): 02:33.18 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.56	01:22.03	02:08.93	02:52.50	
	00:37.56	00:44.47	00:46.90	00:43.57	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:9, starttime: 14:53
Heat: 9/28 Lane : 1 Athlete: TRIEST LOUIS					Q-time: 02:42:50
PB (50m pool): 02:42.50 Lago Gent Rozebroeken 04/05/2025PB (25m pool): 02:57.66 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.27	01:18.27	02:02.26	02:42.50	
	00:36.27	00:42.00	00:43.99	00:40.24	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:9, starttime: 14:53
Heat: 9/28 Lane : 3 Athlete: GERRITSEN BRUNO					Q-time: 02:40:11
PB (50m pool): 02:40.11 Antwerpen 13/07/2025PB (25m pool): 02:34.73 SB: 02:46.52 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.46	01:18.03	02:00.79	02:40.11	
	00:36.46	00:41.57	00:42.76	00:39.32	
					

Coach feedback:

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 8: 200M FREESTYLE MEN 11+					Heat:9, starttime: 14:53
Heat: 9/28 Lane : 5 Athlete: DE PAUW JULES					Q-time: 02:39:51
PB (50m pool): 02:39.51 Antwerpen 13/07/2025					PB (25m pool): 02:30.82 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.84	01:18.35	02:00.94	02:39.51	
	00:36.84	00:41.51	00:42.59	00:38.57	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:9, starttime: 14:53
Heat: 9/28 Lane : 6 Athlete: STEVENS GERBEN					Q-time: 02:41:87
PB (50m pool): 02:41.87 Antwerpen 13/07/2025					PB (25m pool): 02:47.99 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.18	01:18.32	02:00.84	02:41.87	
	00:36.18	00:42.14	00:42.52	00:41.03	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:9, starttime: 14:53
Heat: 9/28 Lane : 8 Athlete: DE CRAENE THIBE					Q-time: 02:45:73
PB (50m pool): 02:45.73 Sportoase De Watermolen 29/03/2026					PB (25m pool): 02:40.73 SB: 02:45.73 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.57	01:18.27	02:01.76	02:45.73	
	00:36.57	00:41.70	00:43.49	00:43.97	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:11, starttime: 14:59
Heat: 11/28 Lane : 6 Athlete: MINNOYE TIEBE					Q-time: 02:32:80
PB (50m pool): 02:32.80 Antwerpen 13/07/2025					PB (25m pool): 02:30.93 SB: 02:37.29 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.30	01:14.11	01:54.29	02:32.80	
	00:34.30	00:39.81	00:40.18	00:38.51	
					

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+					Heat:12, starttime: 15:02
Heat: 12/28 Lane : 6 Athlete: EL GHAZALI ADAM					Q-time: 02:30:85
PB (50m pool): 02:30.85 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:26.45 SB: 02:30.85 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.39	01:11.49	01:52.05	02:30.85	
	00:33.39	00:38.10	00:40.56	00:38.80	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:12, starttime: 15:02
Heat: 12/28 Lane : 8 Athlete: BECK STANN					Q-time: 02:31:75
PB (50m pool): 02:31.75 Lochristi 01/02/2026 PB (25m pool): 02:30.31 SB: 02:31.75 Lochristi 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:14.55	no time	02:31.75	
	no time				
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:13, starttime: 15:05
Heat: 13/28 Lane : 5 Athlete: DE CHAMPS LOÏC					Q-time: 02:28:82
PB (50m pool): 02:28.82 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:24.90 SB: 02:28.82 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.01	01:11.94	01:50.43	02:28.82	
	00:34.01	00:37.93	00:38.49	00:38.39	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:13, starttime: 15:05
Heat: 13/28 Lane : 8 Athlete: VAN LOO MATHIAS					Q-time: 02:30:69
PB (50m pool): 02:30.69 Antwerpen 13/07/2025 PB (25m pool): 02:36.57 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.84	01:12.14	01:52.39	02:30.69	
	00:33.84	00:38.30	00:40.25	00:38.30	
					

Coach feedback:

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 8: 200M FREESTYLE MEN 11+					Heat:14, starttime: 15:08
Heat: 14/28 Lane : 1 Athlete: CASTEUR NICOLAS					Q-time: 02:26:69
PB (50m pool): 02:26.69 Gent 08/02/2026					PB (25m pool): 02:25.49 SB: 02:26.69 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.30	01:11.86	01:50.58	02:26.69	
	00:33.30	00:38.56	00:38.72	00:36.11	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:14, starttime: 15:08
Heat: 14/28 Lane : 5 Athlete: NEYRYNCK TIBO					Q-time: 02:25:24
PB (50m pool): 02:15.31 GENK 14/07/2019					PB (25m pool): 02:13.38 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	02:15.31	
	no time				
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:15, starttime: 15:11
Heat: 15/28 Lane : 5 Athlete: HOSTE LARS					Q-time: 02:23:94
PB (50m pool): 02:22.67 Antwerpen 19/04/2026					PB (25m pool): 02:20.22 SB: 02:22.67 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.28	01:09.87	01:47.31	02:22.67	
	00:33.28	00:36.59	00:37.44	00:35.36	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:16, starttime: 15:14
Heat: 16/28 Lane : 2 Athlete: CASTEUR ALEXANDER					Q-time: 02:21:30
PB (50m pool): 02:21.30 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:14.50 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.17	01:09.66	01:45.44	02:21.30	
	00:33.17	00:36.49	00:35.78	00:35.86	
					

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+					Heat:17, starttime: 15:17
Heat: 17/28 Lane : 1 Athlete: UVYN MAXIM					Q-time: 02:20:59
PB (50m pool): 02:20.59 Gent 08/02/2026					PB (25m pool): 02:22.98 SB: 02:20.59 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.55	01:08.65	01:45.43	02:20.59	
	00:32.55	00:36.10	00:36.78	00:35.16	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:17, starttime: 15:17
Heat: 17/28 Lane : 4 Athlete: DE SMAELE KEYON					Q-time: 02:19:52
PB (50m pool): 02:12.60 Lago Gent Rozebroeken 05/05/2024					PB (25m pool): 02:05.67 SB: 02:19.52 Lochristi 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:12.60	
	no time				
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:18, starttime: 15:20
Heat: 18/28 Lane : 2 Athlete: TIMMERMANS JULES					Q-time: 02:17:87
PB (50m pool): 02:13.30 Lago Gent Rozebroeken 05/05/2024					PB (25m pool): 02:11.70 SB: 02:17.87 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:13.30	
	no time				
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:18, starttime: 15:20
Heat: 18/28 Lane : 8 Athlete: VANNIEUWENHUYSE LOïc					Q-time: 02:18:02
PB (50m pool): 02:18.02 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:14.79 SB: 02:20.43 Lochristi 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.40	01:06.66	01:42.96	02:18.02	
	00:31.40	00:35.26	00:36.30	00:35.06	
					

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+					Heat:19, starttime: 15:22
Heat: 19/28 Lane : 3 Athlete: DEGRANDE LARS					Q-time: 02:15:51
PB (50m pool): 02:15.51 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:12.19 SB: 02:15.51 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.10	01:04.42	01:41.20	02:15.51	
	00:30.10	00:34.32	00:36.78	00:34.31	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:20, starttime: 15:25
Heat: 20/28 Lane : 6 Athlete: DE CRAENE MATTHIS					Q-time: 02:14:39
PB (50m pool): 02:14.39 Olympic Pool Wezenberg, Antwer 30/03/2026 PB (25m pool): 02:08.06 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.22	01:06.61	01:41.57	02:14.39	
	00:31.22	00:35.39	00:34.96	00:32.82	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:20, starttime: 15:25
Heat: 20/28 Lane : 8 Athlete: BEERNAERT DAAN					Q-time: 02:14:80
PB (50m pool): 02:06.89 Antwerpen 19/04/2026 PB (25m pool): 02:09.49 SB: 02:06.89 Antwerpen 19/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.08	01:02.41	01:35.58	02:06.89	
	00:30.08	00:32.33	00:33.17	00:31.31	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:21, starttime: 15:28
Heat: 21/28 Lane : 6 Athlete: SLOS ROBBIE					Q-time: 02:13:55
PB (50m pool): 02:12.70 Antwerpen 16/07/2023 PB (25m pool): 02:09.84 SB: 02:17.33 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:12.70	
	no time				
					

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+					Heat:22, starttime: 15:30
Heat: 22/28 Lane : 7 Athlete: STEVENS JAAN					Q-time: 02:12:33
PB (50m pool): 02:09.45 Antwerpen 19/04/2026			PB (25m pool): 02:09.93 SB: 02:09.45 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.18	01:03.55	01:37.30	02:09.45	
	00:30.18	00:33.37	00:33.75	00:32.15	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:22, starttime: 15:30
Heat: 22/28 Lane : 8 Athlete: DE BIE DAAN					Q-time: 02:12:66
PB (50m pool): 02:12.66 Antwerpen 08/03/2026			PB (25m pool): 02:10.05 SB: 02:12.66 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.86	01:04.10	01:38.36	02:12.66	
	00:30.86	00:33.24	00:34.26	00:34.30	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:23, starttime: 15:33
Heat: 23/28 Lane : 1 Athlete: VERHEYDEN VINZ					Q-time: 02:11:49
PB (50m pool): 02:11.49 Lochristi 01/02/2026			PB (25m pool): 02:05.17 SB: 02:11.49 Lochristi 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:02.58	no time	02:11.49	
	no time				
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:23, starttime: 15:33
Heat: 23/28 Lane : 4 Athlete: LIEVENS TIEBE					Q-time: 02:09:92
PB (50m pool): 02:09.92 Lochristi 01/02/2026			PB (25m pool): 02:07.83 SB: 02:09.92 Lochristi 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:02.88	no time	02:09.92	
	no time				
					

Coach feedback:

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 8: 200M FREESTYLE MEN 11+					Heat:24, starttime: 15:36
Heat: 24/28 Lane : 8 Athlete: VAN RAEMDONCK CAMU					Q-time: 02:09:86
PB (50m pool): 02:09.86 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:06.76 SB: 02:10.97 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.08	01:03.01	01:37.03	02:09.86	
	00:30.08	00:32.93	00:34.02	00:32.83	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:25, starttime: 15:38
Heat: 25/28 Lane : 4 Athlete: VAN TRICHT FINN					Q-time: 02:07:46
PB (50m pool): 02:07.46 Antwerpen 27/07/2025 PB (25m pool): 02:03.86 SB: 02:11.79 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.96	01:00.97	01:35.32	02:07.46	
	00:28.96	00:32.01	00:34.35	00:32.14	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:25, starttime: 15:38
Heat: 25/28 Lane : 8 Athlete: VANCAYZEELE THIBAU					Q-time: 02:08:82
PB (50m pool): 02:08.82 Antwerpen 13/07/2025 PB (25m pool): 02:05.83 SB: 02:13.07 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.39	01:03.71	01:37.02	02:08.82	
	00:30.39	00:33.32	00:33.31	00:31.80	
					

Coach feedback:

Event number: 9: 100M FREESTYLE MIXED 10-9				Heat:2, starttime: 15:51	
Heat: 2/2 Lane : 2 Athlete: VAN CAENEGEM LARS				Q-time: 01:35:52	
PB (50m pool): 01:31.82 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:33.28 SB: 01:31.82 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M			
PB	00:43.64	01:31.82			
	00:43.64	00:48.18			
					

Coach feedback:

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 9: 100M FREESTYLE MIXED 10-9				Heat:2, starttime: 15:51	
Heat: 2/2 Lane : 5 Athlete: VAN HOECKE OONA				Q-time: 01:29:16	
PB (50m pool): 01:29.16 LOCHRISTI 25/01/2026				PB (25m pool): 01:26.72 SB: 01:29.16 LOCHRISTI 25/01/2026	
	5 0 M	1 0 0 M			
PB	no time	01:29.16			
	no time				
					

Coach feedback:

Event number: 9: 100M FREESTYLE MIXED 10-9				Heat:2, starttime: 15:51	
Heat: 2/2 Lane : 8 Athlete: VAN DEN BRULLE EBE				Q-time: 01:36:92	
PB (50m pool): 01:35.61 Zwembad Brigitte Becue 26/04/2026				PB (25m pool): 01:33.31 SB: 01:35.61 Zwembad Brigitte Becue 26/04/2026	
	5 0 M	1 0 0 M			
PB	00:43.02	01:35.61			
	00:43.02	00:52.59			
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:53	
Heat: 1/18 Lane : 3 Athlete: VERBUSTEL LORE					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: 10: 200M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:53	
Heat: 1/18 Lane : 5 Athlete: BAEYENS EMKE					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: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:53
Heat: 1/18 Lane : 6 Athlete: BOON MARGOT					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:59.33 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: 10: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:58
Heat: 2/18 Lane : 1 Athlete: VAN LAETHEM ALEXIS					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 04:10.70 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: 10: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:58
Heat: 2/18 Lane : 6 Athlete: BEULENS LOTTE					Q-time: 99:99:99
PB (50m pool): 03:43.47 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 03:13.17 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	03:43.47	
	no time				
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:58
Heat: 2/18 Lane : 8 Athlete: BAELE NORAH					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: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 16:03
Heat: 3/18 Lane : 8 Athlete: VAN CAENEGEM FIEN					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:52.21 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: 10: 200M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 16:08
Heat: 4/18 Lane : 1 Athlete: VAN DEN BRULLE MANE					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:37.98 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: 10: 200M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 16:08
Heat: 4/18 Lane : 3 Athlete: LEBON LENNE					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: 10: 200M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 16:08
Heat: 4/18 Lane : 4 Athlete: DE BIE LIZE					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:15.85 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	no time	
	no time				
					

Coach feedback:

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 16:08
Heat: 4/18 Lane : 5 Athlete: AKMAN REZZAN					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:32.78 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: 10: 200M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 16:14
Heat: 5/18 Lane : 3 Athlete: ENGHEN ROOS					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 04:07.83 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: 10: 200M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 16:19
Heat: 6/18 Lane : 6 Athlete: HERREGODS INE					Q-time: 04:16:75
PB (50m pool): 04:16.75 Olympic Pool Wezenberg, Antwer 29/03/25 PB (25m pool): no time SB: 04:16.75 Olympic Pool Wezenberg, Antwer 29/03/25					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:59.13	02:04.14	03:11.84	04:16.75	
	00:59.13	01:05.01	01:07.70	01:04.91	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:7, starttime: 16:24
Heat: 7/18 Lane : 3 Athlete: HAMID ROYAH					Q-time: 03:50:79
PB (50m pool): 03:50.79 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:52.70	01:51.91	02:52.59	03:50.79	
	00:52.70	00:59.21	01:00.68	00:58.20	
					

Coach feedback:

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:7, starttime: 16:24
Heat: 7/18 Lane : 4 Athlete: UVYN AURÉLIE					Q-time: 03:48:84
PB (50m pool): 03:48.84 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:21.16 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:52.59	01:51.70	02:50.66	03:48.84	
	00:52.59	00:59.11	00:58.96	00:58.18	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:8, starttime: 16:28
Heat: 8/18 Lane : 4 Athlete: DEPESTELE GITTE					Q-time: 03:44:47
PB (50m pool): 03:44.47 Gent 08/02/2026 PB (25m pool): 03:51.20 SB: 03:44.47 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.70	01:46.33	02:46.10	03:44.47	
	00:48.70	00:57.63	00:59.77	00:58.37	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:9, starttime: 16:33
Heat: 9/18 Lane : 1 Athlete: DE BACKER SOPHIE					Q-time: 03:41:28
PB (50m pool): 03:41.28 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:25.22 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.49	01:46.79	02:45.27	03:41.28	
	00:49.49	00:57.30	00:58.48	00:56.01	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:9, starttime: 16:33
Heat: 9/18 Lane : 3 Athlete: DAEM HANNELISE					Q-time: 03:38:44
PB (50m pool): 03:38.44 Gent 08/02/2026 PB (25m pool): 03:26.45 SB: 03:38.44 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.41	01:44.87	02:41.78	03:38.44	
	00:48.41	00:56.46	00:56.91	00:56.66	
					

Coach feedback:

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:9, starttime: 16:33
Heat: 9/18 Lane : 8 Athlete: STORME IEME					Q-time: 03:43:18
PB (50m pool): 03:43.18 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:50.94	01:48.52	02:46.63	03:43.18	
	00:50.94	00:57.58	00:58.11	00:56.55	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:10, starttime: 16:37
Heat: 10/18 Lane : 2 Athlete: RUTTEN LEONIE					Q-time: 03:32:49
PB (50m pool): 03:32.49 Antwerpen 13/07/2025 PB (25m pool): 03:29.53 SB: 03:33.27 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.89	01:43.28	02:38.14	03:32.49	
	00:48.89	00:54.39	00:54.86	00:54.35	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:10, starttime: 16:37
Heat: 10/18 Lane : 3 Athlete: SUY NORA					Q-time: 03:31:41
PB (50m pool): 03:31.41 Olympic Pool Wezenberg, Antwer 29/03/2025 PB (25m pool): 03:50.03 SB: 03:31.41 Olympic Pool Wezenberg, Antwer 29/03/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.22	01:42.74	02:37.42	03:31.41	
	00:48.22	00:54.52	00:54.68	00:53.99	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:10, starttime: 16:37
Heat: 10/18 Lane : 6 Athlete: CANTRé EMILIE					Q-time: 03:31:95
PB (50m pool): 03:31.95 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:23.24 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.24	01:41.84	02:37.40	03:31.95	
	00:48.24	00:53.60	00:55.56	00:54.55	
					

Coach feedback:

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:10, starttime: 16:37
Heat: 10/18 Lane : 7 Athlete: BRUNET MAXIME					Q-time: 03:32:69
PB (50m pool): 03:32.69 Olympic Pool Wezenberg, Antwer 29/07/2026					SB: 03:32.69 Olympic Pool Wezenberg, Antwer 29/07/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.87	01:42.01	02:37.33	03:32.69	
	00:47.87	00:54.14	00:55.32	00:55.36	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:11, starttime: 16:41
Heat: 11/18 Lane : 2 Athlete: GALMART HAYLEY					Q-time: 03:29:74
PB (50m pool): 03:29.74 Gent 08/02/2026					PB (25m pool): 03:27.37 SB: 03:29.74 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.87	01:42.43	02:36.59	03:29.74	
	00:47.87	00:54.56	00:54.16	00:53.15	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:11, starttime: 16:41
Heat: 11/18 Lane : 3 Athlete: STORME JADE					Q-time: 03:28:14
PB (50m pool): 03:28.14 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 03:38.46 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.07	01:42.41	02:36.72	03:28.14	
	00:48.07	00:54.34	00:54.31	00:51.42	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:12, starttime: 16:45
Heat: 12/18 Lane : 1 Athlete: NGABO ANNABELLE					Q-time: 03:24:41
PB (50m pool): 03:24.41 Lochristi 01/02/2026					PB (25m pool): 03:40.65 SB: 03:24.41 Lochristi 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:39.47	no time	03:24.41	
	no time				
					

Coach feedback:

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:12, starttime: 16:45
Heat: 12/18 Lane : 2 Athlete: DE WEVER LAURA					Q-time: 03:23:72
PB (50m pool): 03:23.72 Antwerpen 13/07/2025					PB (25m pool): 03:24.11 SB: 03:27.48 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.94	01:39.34	02:31.82	03:23.72	
	00:46.94	00:52.40	00:52.48	00:51.90	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:13, starttime: 16:49
Heat: 13/18 Lane : 1 Athlete: BOGAERT HANNE					Q-time: 03:20:91
PB (50m pool): 03:20.91 Gent 08/02/2026					PB (25m pool): 03:32.38 SB: 03:20.91 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.26	01:38.23	02:29.86	03:20.91	
	00:46.26	00:51.97	00:51.63	00:51.05	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:13, starttime: 16:49
Heat: 13/18 Lane : 3 Athlete: VERBERT KAAT					Q-time: 03:18:96
PB (50m pool): 03:18.96 Gent 08/02/2026					PB (25m pool): 03:19.39 SB: 03:18.96 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.13	01:37.70	02:28.68	03:18.96	
	00:46.13	00:51.57	00:50.98	00:50.28	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:13, starttime: 16:49
Heat: 13/18 Lane : 8 Athlete: DE BOCK AUDE					Q-time: 03:21:02
PB (50m pool): 03:21.02 Antwerpen 13/07/2025					PB (25m pool): 03:24.01 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.70	01:36.32	02:28.10	03:21.02	
	00:45.70	00:50.62	00:51.78	00:52.92	
					

Coach feedback:

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: FIRST

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:14, starttime: 16:52
Heat: 14/18 Lane : 5 Athlete: VANCAYZEELE MARGAUX					Q-time: 03:11:85
PB (50m pool): 03:11.85 Gent 08/02/2026			PB (25m pool): 03:11.52 SB: 03:11.85 Gent 08/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.81	01:32.87	02:22.38	03:11.85	
	00:43.81	00:49.06	00:49.51	00:49.47	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:15, starttime: 16:56
Heat: 15/18 Lane : 2 Athlete: VAN GHELUE RINSKE					Q-time: 03:09:59
PB (50m pool): 03:07.65 Antwerpen 19/04/2026			PB (25m pool): 03:03.35 SB: 03:07.65 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.63	01:30.49	02:20.19	03:07.65	
	00:41.63	00:48.86	00:49.70	00:47.46	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:16, starttime: 17:00
Heat: 16/18 Lane : 6 Athlete: DE SMAELE KENZA					Q-time: 03:04:38
PB (50m pool): 03:04.38 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 02:57.47 SB: 03:05.59 Gent 08/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.95	01:29.29	02:17.96	03:04.38	
	00:41.95	00:47.34	00:48.67	00:46.42	
					

Coach feedback: