

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

Coachinfo: Warming up from: 13:00 untill 14:05. 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: 8: 200M FREESTYLE MEN 11+ Heat:5, starttime: 14:38

Heat: 5/28 Lane : 4 Athlete: VAN DEN BORRE AARON Q-time: 03:20:29

PB (50m pool): 03:20.29 Sportoase De Watermolen 29/03/2026 PB (25m pool): no time SB: 03:20.29 Sportoase De Watermolen 29/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.15	01:40.38	02:34.00	03:20.29	
	00:46.15	00:54.23	00:53.62	00:46.29	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ Heat:6, starttime: 14:43

Heat: 6/28 Lane : 1 Athlete: GOOSSENS HENDRIK Q-time: 03:16:76

PB (50m pool): 03:16.76 Gent 08/02/2026 PB (25m pool): no time SB: 03:16.76 Gent 08/02/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.97	01:33.61	no time	03:16.76	
	00:41.97	00:51.64			
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ Heat:12, starttime: 15:02

Heat: 12/28 Lane : 4 Athlete: ROGIERS LUCAS Q-time: 02:30:71

PB (50m pool): 02:30.71 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:25.86 SB: 02:30.71 Sportoase De Watermolen 29/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.49	01:12.89	01:52.06	02:30.71	
	00:34.49	00:38.40	00:39.17	00:38.65	
					

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+					Heat:14, starttime: 15:08
Heat: 14/28 Lane : 3 Athlete: ROGIERS LOUIS					Q-time: 02:25:89
PB (50m pool): 02:25.89 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:21.56 SB: 02:25.89 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.72	01:11.40	01:49.74	02:25.89	
	00:33.72	00:37.68	00:38.34	00:36.15	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:15, starttime: 15:11
Heat: 15/28 Lane : 8 Athlete: VAN ACHTER MAURO					Q-time: 02:24:83
PB (50m pool): 02:24.83 Aalst 11/05/2025 PB (25m pool): 02:20.50 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.05	01:10.55	01:48.69	02:24.83	
	00:33.05	00:37.50	00:38.14	00:36.14	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:17, starttime: 15:17
Heat: 17/28 Lane : 2 Athlete: VAN LAERE JUUL					Q-time: 02:20:17
PB (50m pool): 02:20.17 Gent 08/02/2026 PB (25m pool): 02:14.28 SB: 02:20.17 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.92	01:07.08	01:44.42	02:20.17	
	00:30.92	00:36.16	00:37.34	00:35.75	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:21, starttime: 15:28
Heat: 21/28 Lane : 2 Athlete: VERHENNE TIM					Q-time: 02:13:74
PB (50m pool): 02:13.74 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:16.44 SB: 02:13.74 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.82	01:04.93	01:39.99	02:13.74	
	00:30.82	00:34.11	00:35.06	00:33.75	
					

Coach feedback:

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Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:58
Heat: 2/18 Lane : 4 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: 10: 200M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 16:03
Heat: 3/18 Lane : 1 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	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:3, starttime: 16:03
Heat: 3/18 Lane : 7 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: 10: 200M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 16:14
Heat: 5/18 Lane : 4 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:

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Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 16:19
Heat: 6/18 Lane : 5 Athlete: VAN ACHTER JUNE					Q-time: 04:11:12
PB (50m pool): 04:11.12 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	00:57.33	02:02.90	03:07.81	04:11.12	
	00:57.33	01:05.57	01:04.91	01:03.31	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:7, starttime: 16:24
Heat: 7/18 Lane : 1 Athlete: PHILIPS NOé					Q-time: 04:00:48
PB (50m pool): 04:00.48 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	00:54.71	01:57.28	03:00.46	04:00.48	
	00:54.71	01:02.57	01:03.18	01:00.02	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:10, starttime: 16:37
Heat: 10/18 Lane : 4 Athlete: LAMMENS ALIX					Q-time: 03:30:61
PB (50m pool): 03:30.61 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 04:11.90 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.46	01:43.42	02:38.63	03:30.61	
	00:48.46	00:54.96	00:55.21	00:51.98	
					

Coach feedback: