

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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

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

Event number: 8: 200M FREESTYLE MEN 11+					Heat:18, starttime: 15:20
Heat: 18/28 Lane : 4 Athlete: VAN GOETHEM ARTHUR					Q-time: 02:16:73
PB (50m pool): 02:16.73 Gent 08/02/2026					PB (25m pool): 02:13.37 SB: 02:16.73 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.41	01:05.19	01:41.50	02:16.73	
	00:30.41	00:34.78	00:36.31	00:35.23	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:18, starttime: 15:20
Heat: 18/28 Lane : 5 Athlete: VANHAVERE DAAN					Q-time: 02:17:14
PB (50m pool): 02:14.96 Antwerpen 19/04/2026					PB (25m pool): 02:15.36 SB: 02:14.96 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.15	01:06.50	01:41.77	02:14.96	
	00:31.15	00:35.35	00:35.27	00:33.19	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:18, starttime: 15:20
Heat: 18/28 Lane : 6 Athlete: BEN AYAD NAOUFAL					Q-time: 02:17:67
PB (50m pool): 02:15.34 Antwerpen 19/04/2026					PB (25m pool): 02:12.11 SB: 02:15.34 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.77	01:04.80	01:40.65	02:15.34	
	00:30.77	00:34.03	00:35.85	00:34.69	
					

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+				Heat:18, starttime: 15:20	
Heat: 18/28 Lane : 7 Athlete: VAN HOEY BILLIET RAPHAËL				Q-time: 02:17:88	
PB (50m pool): 02:17.88 Antwerpen 20/04/2025				PB (25m pool): 02:14.25 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.82	01:07.57	01:43.73	02:17.88	
	00:31.82	00:35.75	00:36.16	00:34.15	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+				Heat:20, starttime: 15:25	
Heat: 20/28 Lane : 4 Athlete: VERHAGEN TOON				Q-time: 02:14:07	
PB (50m pool): 02:14.07 Gent 08/02/2026				PB (25m pool): 02:11.75 SB: 02:14.07 Gent 08/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.57	01:06.90	01:41.52	02:14.07	
	00:31.57	00:35.33	00:34.62	00:32.55	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+				Heat:22, starttime: 15:30	
Heat: 22/28 Lane : 1 Athlete: BOURDIAUDHY THIBAU				Q-time: 02:12:43	
PB (50m pool): 02:10.76 Antwerpen 19/04/2026				PB (25m pool): 02:10.72 SB: 02:10.76 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.80	01:04.52	01:38.53	02:10.76	
	00:30.80	00:33.72	00:34.01	00:32.23	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+				Heat:23, starttime: 15:33	
Heat: 23/28 Lane : 8 Athlete: VERHAGEN ROBBE				Q-time: 02:11:73	
PB (50m pool): 02:11.73 Aalst 11/05/2025				PB (25m pool): 02:07.56 SB: 02:13.24 Sportoase De Watermolen 29/03/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.76	01:02.58	01:36.80	02:11.73	
	00:29.76	00:32.82	00:34.22	00:34.93	
					

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+				Heat:26, starttime: 15:41	
Heat: 26/28 Lane : 7 Athlete: VAN DE GENDER WOUT				Q-time: 02:06:76	
PB (50m pool): 02:06.76 Antwerpen 20/04/2025				PB (25m pool): 02:01.05 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.98	01:01.12	01:34.39	02:06.76	
	00:28.98	00:32.14	00:33.27	00:32.37	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+				Heat:9, starttime: 16:33	
Heat: 9/18 Lane : 5 Athlete: VAN DE VYVERE LENA				Q-time: 03:37:59	
PB (50m pool): 03:37.59 Lago Gent Rozebroeken 04/05/2025				PB (25m pool): 03:35.02 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.81	01:46.31	02:43.57	03:37.59	
	00:49.81	00:56.50	00:57.26	00:54.02	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+				Heat:14, starttime: 16:52	
Heat: 14/18 Lane : 6 Athlete: WULLAERT FIEN				Q-time: 03:13:81	
PB (50m pool): 03:13.81 Lago Gent Rozebroeken 04/05/2025				PB (25m pool): 03:09.65 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.13	01:33.64	02:24.95	03:13.81	
	00:44.13	00:49.51	00:51.31	00:48.86	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+				Heat:15, starttime: 16:56	
Heat: 15/18 Lane : 3 Athlete: DE SMET AMÉLIE				Q-time: 03:07:72	
PB (50m pool): 03:07.72 Gent 08/02/2026				PB (25m pool): 03:07.94 SB: 03:07.72 Gent 08/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.92	01:30.99	02:19.64	03:07.72	
	00:42.92	00:48.07	00:48.65	00:48.08	
					

Coach feedback:

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

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:16, starttime: 17:00	
Heat: 16/18 Lane : 5 Athlete: DE BRABANDER CELESTE					Q-time: 03:04:21	
PB (50m pool): 03:04.21 Antwerpen 20/07/2025					PB (25m pool): 02:57.48 SB: 03:04.29 Sportoase De Watermolen 29/03/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:41.35	01:28.67	02:17.10	03:04.21		
	00:41.35	00:47.32	00:48.43	00:47.11		
						

Coach feedback: