

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: DDAT

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

Coaches: Du Bois Cedric

Coaches: Claes Steven HEADCOACH

PB => Personal Best time

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

Event number: 11: 100M FREESTYLE WOMEN 11+ Heat:15, starttime: 09:10

Heat: 15/22 Lane : 7 Athlete: WYFFELS LOUISE MARIE Q-time: 01:07:31

PB (50m pool): 01:06.60 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:06.92 SB: 01:06.60 Zwembad Brigitte Becue 26/04/2026

	5 0 M	1 0 0 M	
PB	00:32.58	01:06.60	
	00:32.58	00:34.02	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ Heat:16, starttime: 09:11

Heat: 16/22 Lane : 3 Athlete: NSUBUGA SOFIA Q-time: 01:06:03

PB (50m pool): 01:04.88 Antwerpen 19/04/2026 PB (25m pool): 01:05.01 SB: 01:04.88 Antwerpen 19/04/2026

	5 0 M	1 0 0 M	
PB	00:31.41	01:04.88	
	00:31.41	00:33.47	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+ Heat:2, starttime: 09:24

Heat: 2/23 Lane : 2 Athlete: JACQUEMYS LEWIS Q-time: 01:32:69

PB (50m pool): 01:32.69 Antwerpen 13/07/2025 PB (25m pool): 01:26.95 SB: no time

	5 0 M	1 0 0 M	
PB	00:44.28	01:32.69	
	00:44.28	00:48.41	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:4, starttime: 09:28
Heat: 4/23 Lane : 4 Athlete: CLAES TIEBE			Q-time: 01:16:41
PB (50m pool): 01:14.22 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:14.90 SB: 01:14.22 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:35.82	01:14.22	
	00:35.82	00:38.40	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:5, starttime: 09:30
Heat: 5/23 Lane : 6 Athlete: DE MESMAEKER LOANN			Q-time: 01:13:72
PB (50m pool): 01:13.06 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:12.47 SB: 01:13.06 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:35.06	01:13.06	
	00:35.06	00:38.00	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:5, starttime: 09:30
Heat: 5/23 Lane : 9 Athlete: VANDEPITTE KYAN			Q-time: 01:15:17
PB (50m pool): 01:13.37 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:14.06 SB: 01:13.37 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:35.09	01:13.37	
	00:35.09	00:38.28	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:6, starttime: 09:32
Heat: 6/23 Lane : 2 Athlete: CLAES ELIAN			Q-time: 01:12:14
PB (50m pool): 01:09.93 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:09.62 SB: 01:09.93 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:33.51	01:09.93	
	00:33.51	00:36.42	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:6, starttime: 09:32
Heat: 6/23 Lane : 6 Athlete: VERHASSELT LARS			Q-time: 01:11:98
PB (50m pool): 01:11.98 Molenbeek 01/02/2026			PB (25m pool): 01:08.18 SB: 01:11.98 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:11.98	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:13, starttime: 09:43
Heat: 13/23 Lane : 6 Athlete: PUTTAERT ARTHUR			Q-time: 01:02:59
PB (50m pool): 01:02.59 Wezenberg 03/01/2026			PB (25m pool): 01:00.63 SB: 01:02.59 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:29.94	01:02.59	
	00:29.94	00:32.65	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:14, starttime: 09:44
Heat: 14/23 Lane : 1 Athlete: TRONCKOE KOBE			Q-time: 01:01:97
PB (50m pool): 00:59.85 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 00:58.90 SB: 00:59.85 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:29.09	00:59.85	
	00:29.09	00:30.76	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:19, starttime: 10:39
Heat: 19/20 Lane : 9 Athlete: TRIOEN JOKE			Q-time: 01:14:16
PB (50m pool): 01:14.16 Antwerpen 15/03/2026			PB (25m pool): 01:11.27 SB: 01:14.16 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.83	01:14.16	
	00:36.83	00:37.33	
			

Coach feedback:

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Event number: 14: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 10:45
Heat: 2/19 Lane : 1 Athlete: JACQUEMYNS LEWIS			Q-time: 01:46:35
PB (50m pool): 01:46.35 Mol 22/06/2025			PB (25m pool): 01:32.26 SB: no time
	5 0 M	1 0 0 M	
PB	00:52.29	01:46.35	
	00:52.29	00:54.06	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 10:53
Heat: 5/19 Lane : 0 Athlete: VANDEPITTE KYAN			Q-time: 01:28:07
PB (50m pool): 01:26.46 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:22.78 SB: 01:26.46 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:42.21	01:26.46	
	00:42.21	00:44.25	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 10:55
Heat: 6/19 Lane : 5 Athlete: VERHASSELT LARS			Q-time: 01:23:98
PB (50m pool): 01:23.98 Wezenberg 03/01/2026			PB (25m pool): 01:19.60 SB: 01:23.98 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:40.57	01:23.98	
	00:40.57	00:43.41	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 10:57
Heat: 7/19 Lane : 4 Athlete: CLAES TIEBE			Q-time: 01:22:50
PB (50m pool): 01:22.50 Molenbeek 01/02/2026			PB (25m pool): 01:22.43 SB: 01:22.50 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:22.50	
	no time		
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: DDAT

Event number: 14: 100M BACKSTROKE MEN 11+										Heat:9, starttime: 11:01	
Heat: 9/19 Lane : 6 Athlete: DE MESMAEKER LOANN								Q-time: 01:19:13			
PB (50m pool): 01:18.20 Zwembad Brigitte Becue 26/04/2026										PB (25m pool): 01:16.99SB: 01:18.20 Zwembad Brigitte Becue 26/04/2026	
	5 0 M		1 0 0 M								
PB	00:37.99		01:18.20								
	00:37.99		00:40.21								
											

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+										Heat:12, starttime: 11:07	
Heat: 12/19 Lane : 7 Athlete: JACQUEMYNS KOBE								Q-time: 01:14:63			
PB (50m pool): 01:14.63 Antwerpen 08/03/2026										PB (25m pool): 01:13.74 SB: 01:14.63 Antwerpen 08/03/2026	
	5 0 M		1 0 0 M								
PB	00:36.12		01:14.63								
	00:36.12		00:38.51								
											

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+							Heat:14, starttime: 11:11		
Heat: 14/19 Lane : 7 Athlete: TRONCKOE KOBE							Q-time: 01:12:64		
PB (50m pool): 01:12.45 Zwembad Brigitte Becue 26/04/2026							PB (25m pool): 01:08.48SB: 01:12.45 Zwembad Brigitte Becue 26/04/2026		
	5 0 M	1 0 0 M							
PB	00:35.63	01:12.45							
	00:35.63	00:36.82							
									

Coach feedback:

Event number: 15: 400M MEDLEY WOMEN 11+						Heat:1, starttime: 11:23		
Heat: 1/2 Lane : 7 Athlete: NSUBUGA SOFIA						Q-time: 06:18:29		
PB (50m pool): 06:18.29 Lago Gent Rozebroeken 04/05/2025						PB (25m pool): 05:59.35SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:43.19	01:36.24	02:25.31	03:11.99	04:03.85	04:56.01	05:37.38	06:18.29
	00:43.19	00:53.05	00:49.07	00:46.68	00:51.86	00:52.16	00:41.37	00:40.91
								

Coach feedback:

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Event number: 15: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 11:30	
Heat: 2/2 Lane : 2 Athlete: TRIOEN JOKE							Q-time: 05:36:71	
PB (50m pool): 05:36.71 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 05:27.87 SB: no time								
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:35.41	01:18.59	02:03.44	02:47.67	03:33.70	04:20.81	04:59.57	05:36.71
	00:35.41	00:43.18	00:44.85	00:44.23	00:46.03	00:47.11	00:38.76	00:37.14
								

Coach feedback:

Event number: 16: 400M MEDLEY MEN 11+							Heat:1, starttime: 11:37	
Heat: 1/3 Lane : 4 Athlete: JACQUEMYNS KOBE							Q-time: 05:53:82	
PB (50m pool): 05:53.82 Antwerpen 08/03/2026								

Coach feedback:

Event number: 16: 400M MEDLEY MEN 11+							Heat:1, starttime: 11:37	
Heat: 1/3 Lane : 5 Athlete: CLAES ELIAN							Q-time: 06:07:42	
PB (50m pool): 05:57.16 Antwerpen 19/04/2026				PB (25m pool): 05:41.24SB: 05:57.16 Antwerpen 19/04/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:41.40	01:34.05	02:19.77	03:04.42	03:50.38	04:36.78	05:17.92	05:57.16
	00:41.40	00:52.65	00:45.72	00:44.65	00:45.96	00:46.40	00:41.14	00:39.24
								

Coach feedback:

Event number: 16: 400M MEDLEY MEN 11+							Heat:2, starttime: 11:44	
Heat: 2/3 Lane : 2 Athlete: PUTTAERT ARTHUR							Q-time: 05:27:79	
PB (50m pool): 05:27.08 Antwerpen 19/04/2026				PB (25m pool): 05:16.05SB: 05:27.08 Antwerpen 19/04/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:32.73	01:12.42	01:54.23	02:36.24	03:22.89	04:10.62	04:48.93	05:27.08
	00:32.73	00:39.69	00:41.81	00:42.01	00:46.65	00:47.73	00:38.31	00:38.15
								

Coach feedback: