

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

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

Coaches: Claessens Eline

Coaches: Van Gucht Celine HEADCOACH

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

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 08:53
Heat: 5/22 Lane : 2 Athlete: VAN GEERT MARTHE			Q-time: 01:20:33
PB (50m pool): 01:20.33 Antwerpen 13/07/2025			PB (25m pool): 01:21.02 SB: 01:20.44 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:38.53	01:20.33	
	00:38.53	00:41.80	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 08:57
Heat: 7/22 Lane : 7 Athlete: HOFMAN LILY			Q-time: 01:16:03
PB (50m pool): 01:16.03 LOCHRISTI 25/01/2026			PB (25m pool): 01:15.32 SB: 01:16.03 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:16.03	
	no time		
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 08:58
Heat: 8/22 Lane : 2 Athlete: VAN HAUWERMEIREN EMMA			Q-time: 01:14:11
PB (50m pool): 01:14.11 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:12.09 SB: 01:14.11 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:35.40	01:14.11	
	00:35.40	00:38.71	
			

Coach feedback:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 09:00
Heat: 9/22 Lane : 9 Athlete: HOFMAN ROSE			Q-time: 01:13:33
PB (50m pool): 01:13.33 Antwerpen 13/07/2025			PB (25m pool): 01:11.18 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.96	01:13.33	
	00:35.96	00:37.37	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 09:02
Heat: 10/22 Lane : 5 Athlete: SMET ALINE			Q-time: 01:11:24
PB (50m pool): 01:11.24 Gent 08/02/2026			PB (25m pool): 01:09.91 SB: 01:11.24 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:33.96	01:11.24	
	00:33.96	00:37.28	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:1, starttime: 09:22
Heat: 1/23 Lane : 4 Athlete: DE WINTER MAXIM			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:20.69 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:2, starttime: 09:24
Heat: 2/23 Lane : 4 Athlete: DE WINTER REMI			Q-time: 01:30:15
PB (50m pool): 01:30.15 Antwerpen 15/03/2026			PB (25m pool): 01:29.99 SB: 01:30.15 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:43.00	01:30.15	
	00:43.00	00:47.15	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:4, starttime: 09:28
Heat: 4/23 Lane : 2 Athlete: CLEYNENS STAF			Q-time: 01:19:19
PB (50m pool): 01:19.19 Gent 08/02/2026			PB (25m pool): 01:18.71 SB: 01:19.19 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:39.38	01:19.19	
	00:39.38	00:39.81	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:12, starttime: 09:41
Heat: 12/23 Lane : 8 Athlete: HOFMAN OTIS			Q-time: 01:03:72
PB (50m pool): 01:03.72 Gent 08/02/2026			PB (25m pool): 01:03.29 SB: 01:03.72 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:30.33	01:03.72	
	00:30.33	00:33.39	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:14, starttime: 09:44
Heat: 14/23 Lane : 6 Athlete: VAN DEN ABBEELE TOON			Q-time: 01:01:66
PB (50m pool): 01:01.66 Gent 08/02/2026			PB (25m pool): 00:59.44 SB: 01:01.66 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:29.31	01:01.66	
	00:29.31	00:32.35	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 10:11
Heat: 6/20 Lane : 6 Athlete: VAN GEERT MARTHE			Q-time: 01:32:58
PB (50m pool): 01:32.58 Antwerpen 13/07/2025			PB (25m pool): 01:33.24 SB: no time
	5 0 M	1 0 0 M	
PB	00:45.14	01:32.58	
	00:45.14	00:47.44	
			

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:9, starttime: 10:18
Heat: 9/20 Lane : 6 Athlete: HOFMAN LILY			Q-time: 01:25:79
PB (50m pool): 01:25.79 Gent 08/02/2026			PB (25m pool): 01:27.44 SB: 01:25.79 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:42.32	01:25.79	
	00:42.32	00:43.47	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:12, starttime: 10:24
Heat: 12/20 Lane : 1 Athlete: VAN HAUWERMEIREN EMMA			Q-time: 01:21:44
PB (50m pool): 01:21.44 Antwerpen 15/03/2026			PB (25m pool): 01:19.38 SB: 01:21.44 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.93	01:21.44	
	00:39.93	00:41.51	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:12, starttime: 10:24
Heat: 12/20 Lane : 2 Athlete: SMET ALINE			Q-time: 01:21:18
PB (50m pool): 01:21.18 Antwerpen 15/03/2026			PB (25m pool): no time SB: 01:21.18 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.81	01:21.18	
	00:39.81	00:41.37	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:13, starttime: 10:27
Heat: 13/20 Lane : 9 Athlete: HOFMAN ROSE			Q-time: 01:20:06
PB (50m pool): 01:20.06 Antwerpen 15/03/2026			PB (25m pool): 01:24.22 SB: 01:20.06 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.82	01:20.06	
	00:38.82	00:41.24	
			

Coach feedback:

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Event number: 14: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 10:48
Heat: 3/19 Lane : 2 Athlete: DE WINTER REMI			Q-time: 01:36:27
PB (50m pool): 01:36.27 Antwerpen 15/03/2026			PB (25m pool): 01:35.47 SB: 01:36.27 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:47.77	01:36.27	
	00:47.77	00:48.50	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 10:50
Heat: 4/19 Lane : 7 Athlete: DE WINTER MAXIM			Q-time: 01:30:68
PB (50m pool): 01:30.68 Antwerpen 15/03/2026			PB (25m pool): no time SB: 01:30.68 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.67	01:30.68	
	00:44.67	00:46.01	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 10:53
Heat: 5/19 Lane : 9 Athlete: CLEYNENS STAF			Q-time: 01:28:27
PB (50m pool): 01:28.27 Antwerpen 15/03/2026			PB (25m pool): 01:27.78 SB: 01:28.27 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.58	01:28.27	
	00:44.58	00:43.69	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:10, starttime: 11:03
Heat: 10/19 Lane : 1 Athlete: VAN DEN ABBEELE TOON			Q-time: 01:17:77
PB (50m pool): 01:17.77 Gent 08/02/2026			PB (25m pool): 01:17.50 SB: 01:17.77 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:38.63	01:17.77	
	00:38.63	00:39.14	
			

Coach feedback:

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Event number: 14: 100M BACKSTROKE MEN 11+			Heat:16, starttime: 11:15
Heat: 16/19 Lane : 9 Athlete: HOFMAN OTIS			Q-time: 01:09:69
PB (50m pool): 01:09.69 Antwerpen 15/03/2026			PB (25m pool): 01:07.97 SB: 01:09.69 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.42	01:09.69	
	00:33.42	00:36.27	
			

Coach feedback: