

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

Coachinfo: Warming up from: 07:30 untill 08:35. 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: 11: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 08:47
Heat: 2/22 Lane : 4 Athlete: BOGAERT TIRZA			Q-time: 01:39:95
PB (50m pool): 01:39.95 Gent 08/02/2026			PB (25m pool): 01:37.69 SB: 01:39.95 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:45.32	01:39.95	
	00:45.32	00:54.63	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 08:49
Heat: 3/22 Lane : 0 Athlete: DE NIL KAAT			Q-time: 01:28:64
PB (50m pool): 01:28.64 Antwerpen 15/03/2026			PB (25m pool): 01:25.98 SB: 01:28.64 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.94	01:28.64	
	00:41.94	00:46.70	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 08:53
Heat: 5/22 Lane : 6 Athlete: PHILIPS NOé			Q-time: 01:20:32
PB (50m pool): 01:20.32 Gent 08/02/2026			PB (25m pool): 01:25.01 SB: 01:20.32 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:38.54	01:20.32	
	00:38.54	00:41.78	
			

Coach feedback:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 08:55
Heat: 6/22 Lane : 2 Athlete: ROGIERS LOTTE			Q-time: 01:17:99
PB (50m pool): 01:17.99 Antwerpen 15/03/2026			PB (25m pool): 01:23.83 SB: 01:17.99 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.17	01:17.99	
	00:39.17	00:38.82	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 09:02
Heat: 10/22 Lane : 7 Athlete: BOGAERT AMANI			Q-time: 01:11:80
PB (50m pool): 01:11.80 Gent 08/02/2026			PB (25m pool): 01:11.01 SB: 01:11.80 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:34.91	01:11.80	
	00:34.91	00:36.89	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 09:10
Heat: 15/22 Lane : 2 Athlete: LAMMENS ALIX			Q-time: 01:07:27
PB (50m pool): 01:07.27 Antwerpen 08/03/2026			PB (25m pool): 01:05.70 SB: 01:07.27 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:32.17	01:07.27	
	00:32.17	00:35.10	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 09:10
Heat: 15/22 Lane : 6 Athlete: JACOBS EVA			Q-time: 01:07:15
PB (50m pool): 01:07.15 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:05.40 SB: 01:07.15 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:32.09	01:07.15	
	00:32.09	00:35.06	
			

Coach feedback:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:20, starttime: 09:17
Heat: 20/22 Lane : 6 Athlete: JACOBS ELLA			Q-time: 01:00:14
PB (50m pool): 01:00.14 Antwerpen 22/03/2026			PB (25m pool): 00:58.01 SB: 01:00.14 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:29.25	01:00.14	
	00:29.25	00:30.89	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:8, starttime: 09:35
Heat: 8/23 Lane : 0 Athlete: ROGIERS LUCAS			Q-time: 01:09:60
PB (50m pool): 01:09.60 Gent 08/02/2026			PB (25m pool): 01:08.02 SB: 01:09.60 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:33.58	01:09.60	
	00:33.58	00:36.02	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:9, starttime: 09:37
Heat: 9/23 Lane : 5 Athlete: ROGIERS LOUIS			Q-time: 01:06:84
PB (50m pool): 01:06.84 Antwerpen 15/03/2026			PB (25m pool): 01:04.01 SB: 01:06.84 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:31.94	01:06.84	
	00:31.94	00:34.90	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:12, starttime: 09:41
Heat: 12/23 Lane : 1 Athlete: LAMMENS XANDER			Q-time: 01:03:61
PB (50m pool): 01:02.18 Lago Rozebroeken Gent 05/03/2023			PB (25m pool): 01:00.62 SB: 01:08.13 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:02.18	
	no time		
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:13, starttime: 09:43
Heat: 13/23 Lane : 1 Athlete: VERHENNE TIM			Q-time: 01:02:74
PB (50m pool): 01:02.74 Gent 08/02/2026			PB (25m pool): 01:00.66 SB: 01:02.74 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:30.25	01:02.74	
	00:30.25	00:32.49	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:15, starttime: 09:46
Heat: 15/23 Lane : 2 Athlete: VAN LAERE JUUL			Q-time: 01:01:08
PB (50m pool): 01:01.08 Gent 08/02/2026			PB (25m pool): 00:57.83 SB: 01:01.08 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:29.10	01:01.08	
	00:29.10	00:31.98	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:15, starttime: 09:46
Heat: 15/23 Lane : 4 Athlete: FELIES JARNE			Q-time: 01:00:82
PB (50m pool): 01:00.82 Gent 08/02/2026			PB (25m pool): 00:58.54 SB: 01:00.82 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:28.78	01:00.82	
	00:28.78	00:32.04	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 10:04
Heat: 3/20 Lane : 1 Athlete: BOGAERT TIRZA			Q-time: 01:46:87
PB (50m pool): 01:46.87 Gent 08/02/2026			PB (25m pool): 01:38.81 SB: 01:46.87 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:52.15	01:46.87	
	00:52.15	00:54.72	
			

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 10:04
Heat: 3/20 Lane : 7 Athlete: PHILIPS NO�			Q-time: 01:46:33
PB (50m pool): 01:46.33 Gent 08/02/2026			PB (25m pool): 01:43.44 SB: 01:46.33 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:50.36	01:46.33	
	00:50.36	00:55.97	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 10:09
Heat: 5/20 Lane : 1 Athlete: DE NIL KAAT			Q-time: 01:35:75
PB (50m pool): 01:35.75 Antwerpen 15/03/2026			PB (25m pool): 01:32.12 SB: 01:35.75 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:45.94	01:35.75	
	00:45.94	00:49.81	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 10:11
Heat: 6/20 Lane : 2 Athlete: ROGIERS LOTTE			Q-time: 01:32:68
PB (50m pool): 01:32.68 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:31.18 SB: 01:32.68 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:46.78	01:32.68	
	00:46.78	00:45.90	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:10, starttime: 10:20
Heat: 10/20 Lane : 2 Athlete: BOGAERT AMANI			Q-time: 01:23:89
PB (50m pool): 01:23.89 Antwerpen 15/03/2026			PB (25m pool): 01:21.93 SB: 01:23.89 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:42.00	01:23.89	
	00:42.00	00:41.89	
			

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Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:13, starttime: 10:27
Heat: 13/20 Lane : 8 Athlete: JACOBS EVA			Q-time: 01:19:96
PB (50m pool): 01:19.80 Gent (Rozebroeken) 03/03/2024			PB (25m pool): 01:17.19 SB: 01:19.96 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:19.80	
	no time		
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:17, starttime: 10:35
Heat: 17/20 Lane : 5 Athlete: LAMMENS ALIX			Q-time: 01:14:92
PB (50m pool): 01:14.92 Gent 08/02/2026			PB (25m pool): 01:11.97 SB: 01:14.92 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:36.35	01:14.92	
	00:36.35	00:38.57	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:1, starttime: 10:43
Heat: 1/19 Lane : 4 Athlete: LAMMENS XANDER			Q-time: 99:99:99
PB (50m pool): 01:18.20 WACHTEBEKE 01/12/2019			PB (25m pool): 01:13.87 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:18.20	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:1, starttime: 10:43
Heat: 1/19 Lane : 5 Athlete: FELIES JARNE			Q-time: 99:99:99
PB (50m pool): 01:16.79 Lago Gent Rozebroeken 05/05/2024			PB (25m pool): 01:09.38 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:16.79	
	no time		
			

Coach feedback:

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Event number: 14: 100M BACKSTROKE MEN 11+			Heat:10, starttime: 11:03
Heat: 10/19 Lane : 8 Athlete: ROGIERS LUCAS			Q-time: 01:17:79
PB (50m pool): 01:17.79 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:19.22 SB: 01:17.79 Sportoase De Watermolen 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:37.91	01:17.79	
	00:37.91	00:39.88	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:11, starttime: 11:05
Heat: 11/19 Lane : 6 Athlete: ROGIERS LOUIS			Q-time: 01:15:99
PB (50m pool): 01:15.99 Antwerpen 15/03/2026 PB (25m pool): 01:15.73 SB: 01:15.99 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:37.69	01:15.99	
	00:37.69	00:38.30	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:12, starttime: 11:07
Heat: 12/19 Lane : 9 Athlete: VERHENNE TIM			Q-time: 01:15:57
PB (50m pool): 01:15.57 Antwerpen 15/03/2026 PB (25m pool): 01:14.86 SB: 01:15.57 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:36.94	01:15.57	
	00:36.94	00:38.63	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:15, starttime: 11:13
Heat: 15/19 Lane : 1 Athlete: VAN LAERE JUUL			Q-time: 01:11:25
PB (50m pool): 01:11.25 Antwerpen 15/03/2026 PB (25m pool): 00:39.26 SB: 01:11.25 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:34.64	01:11.25	
	00:34.64	00:36.61	
			

Coach feedback: