

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

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

Coaches: Devriese Boris

Coaches: Wielfaert Wout

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 : 8 Athlete: BELAEN ELISABETH			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 01:31.17 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 08:49
Heat: 3/22 Lane : 4 Athlete: VAN HOEY TESS			Q-time: 01:25:75
PB (50m pool): no time PB (25m pool): no time SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 08:53
Heat: 5/22 Lane : 7 Athlete: BERTE LISE			Q-time: 01:20:33
PB (50m pool): 01:20.33 Gent 08/02/2026 PB (25m pool): 01:16.93 SB: 01:20.33 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:39.09	01:20.33	
	00:39.09	00:41.24	
			

Coach feedback:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 08:55
Heat: 6/22 Lane : 7 Athlete: VAN LIERDE ROOS			Q-time: 01:18:15
PB (50m pool): 01:15.02 Antwerpen 15/03/2026			PB (25m pool): 01:14.04 SB: 01:15.02 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.13	01:15.02	
	00:35.13	00:39.89	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:19, starttime: 09:16
Heat: 19/22 Lane : 8 Athlete: STERKEN NILA			Q-time: 01:03:91
PB (50m pool): 01:03.91 Aalst 11/05/2025			PB (25m pool): 01:02.56 SB: 01:05.10 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:30.69	01:03.91	
	00:30.69	00:33.22	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:2, starttime: 09:24
Heat: 2/23 Lane : 1 Athlete: BOAST ALEXANDER			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:24.69 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:3, starttime: 09:26
Heat: 3/23 Lane : 2 Athlete: VAN LIERDE DAAN			Q-time: 01:24:68
PB (50m pool): 01:24.68 Antwerpen 13/07/2025			PB (25m pool): 01:25.39 SB: 01:24.75 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:41.23	01:24.68	
	00:41.23	00:43.45	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:5, starttime: 09:30
Heat: 5/23 Lane : 8 Athlete: HOEYMANS CEDRIC			Q-time: 01:14:64
PB (50m pool): 01:14.64 Antwerpen 13/07/2025			PB (25m pool): 01:15.25 SB: 01:17.86 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	00:36.18	01:14.64	
	00:36.18	00:38.46	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:7, starttime: 09:33
Heat: 7/23 Lane : 2 Athlete: VAN BRAECKEL SEPPE			Q-time: 01:10:72
PB (50m pool): 01:10.13 Antwerpen 15/03/2026			PB (25m pool): 01:10.04 SB: 01:10.13 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.84	01:10.13	
	00:33.84	00:36.29	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:8, starttime: 09:35
Heat: 8/23 Lane : 2 Athlete: BOONEN KAREL			Q-time: 01:09:38
PB (50m pool): 01:07.90 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:06.29 SB: 01:07.90 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:32.04	01:07.90	
	00:32.04	00:35.86	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:1, starttime: 09:58
Heat: 1/20 Lane : 3 Athlete: BELAEN ELISABETH			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	
PB	no time	no time	
	no time		
			

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 10:01
Heat: 2/20 Lane : 0 Athlete: VAN HOEY TESS			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:52.89 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 10:09
Heat: 5/20 Lane : 9 Athlete: BERTE LISE			Q-time: 01:36:54
PB (50m pool): 01:36.54 Gent 08/02/2026			PB (25m pool): 01:30.56 SB: 01:36.54 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:46.79	01:36.54	
	00:46.79	00:49.75	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 10:16
Heat: 8/20 Lane : 2 Athlete: VAN LIERDE ROOS			Q-time: 01:28:67
PB (50m pool): 01:26.86 Antwerpen 15/03/2026			PB (25m pool): 01:23.15 SB: 01:26.86 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:42.28	01:26.86	
	00:42.28	00:44.58	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:18, starttime: 10:37
Heat: 18/20 Lane : 9 Athlete: STERKEN NILA			Q-time: 01:14:33
PB (50m pool): 01:13.60 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:11.11 SB: 01:13.60 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:34.58	01:13.60	
	00:34.58	00:39.02	
			

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Event number: 14: 100M BACKSTROKE MEN 11+			Heat:1, starttime: 10:43
Heat: 1/19 Lane : 6 Athlete: BOAST ALEXANDER			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	
PB	no time	no time	
	no time		

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 10:48
Heat: 3/19 Lane : 5 Athlete: HOEYMANS CEDRIC			Q-time: 01:33:73
PB (50m pool): 01:33.73 Antwerpen 13/07/2025			PB (25m pool): 01:29.58 SB: no time
	5 0 M	1 0 0 M	
PB	00:45.76	01:33.73	
	00:45.76	00:47.97	

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 10:50
Heat: 4/19 Lane : 9 Athlete: VAN LIERDE DAAN			Q-time: 01:33:05
PB (50m pool): 01:32.02 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:40.04 SB: 01:32.02 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:45.73	01:32.02	
	00:45.73	00:46.29	

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:8, starttime: 10:59
Heat: 8/19 Lane : 5 Athlete: VAN BRAECKEL SEPPE			Q-time: 01:20:98
PB (50m pool): 01:19.69 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:18.30 SB: 01:19.69 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:38.47	01:19.69	
	00:38.47	00:41.22	

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Event number: 16: 400M MEDLEY MEN 11+							Heat:1, starttime: 11:37										
Heat: 1/3 Lane : 3 Athlete: BOONEN KAREL							Q-time: 06:07:95										
PB (50m pool): 06:07.95 Lochristi 01/02/2026									PB (25m pool): 05:59.56 SB: 06:07.95 Lochristi 01/02/2026								
	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	no time		no time		no time		no time		no time		no time		no time		06:07.95		
	no time																
																	

Coach feedback: