

FIRST Swim Meeting: Session: 4: COACH Evaluation sheet for TEAM: ALZV

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

Coaches: Pinte Kevin HEADCOACH

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

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:24
Heat: 1/24 Lane : 3 Athlete: VERSPECHT LIZANNE					Q-time: 99:99:99
PB (50m pool): 02:23.80 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 02:18.22 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:23.80	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:37
Heat: 4/24 Lane : 7 Athlete: VAN HOEYMISSEN JANNE					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 02:49.40 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:59
Heat: 10/24 Lane : 8 Athlete: NECULAE MARIA IULIA					Q-time: 02:46:03
PB (50m pool): 02:46.03 Antwerpen 13/07/2025 PB (25m pool): 02:44.76 SB: 02:50.83 Olympic Pool Wezenberg, Antwer 29					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.61	01:20.93	02:04.67	02:46.03	
	00:37.61	00:43.32	00:43.74	00:41.36	
					

Coach feedback:

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Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:53
Heat: 2/19 Lane : 3 Athlete: HERMANS VIKTOR					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 03:09.49 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 21: 200M BUTTERFLY WOMEN 11+					Heat:4, starttime: 17:15
Heat: 4/4 Lane : 2 Athlete: VAN ROY ONAH					Q-time: 02:54:68
PB (50m pool): 02:54.68 Molenbeek 01/02/2026					PB (25m pool): 02:40.86 SB: 02:54.68 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:21.43	no time	02:54.68	
	no time				
					

Coach feedback:

Event number: 22: 200M BUTTERFLY MEN 11+					Heat:3, starttime: 17:26
Heat: 3/6 Lane : 5 Athlete: VAN DEN BERGHE VINCE					Q-time: 03:20:14
PB (50m pool): 03:20.14 Molenbeek 01/02/2026					PB (25m pool): 03:03.05 SB: 03:20.14 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:34.03	no time	03:20.14	
	no time				
					

Coach feedback: