

FIRST Swim Meeting: Session: 4: COACH evaluation sheet for TEAM: AZL

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

Coaches: Bijloos Annie

Coaches: De Smedt Leny HEADCOACH

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

Event number: 18: 200M FREESTYLE WOMEN 11+ Heat:16, starttime: 15:17

Heat: 16/24 Lane : 1 Athlete: VANDER MIJNSBRUGGE LORE				Q-time: 02:30:49
PB (50m pool): 02:30.49 Aalst 20/12/2025				PB (25m pool): 02:28.60 SB: 02:30.49 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:34.86	01:13.41	01:53.68	02:30.49
	00:34.86	00:38.55	00:40.27	00:36.81
				

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+ Heat:15, starttime: 16:48

Heat: 15/19 Lane : 4 Athlete: POPPE WARRE				Q-time: 02:51:26
PB (50m pool): 02:51.26 Gent 08/02/2026				PB (25m pool): 02:44.48 SB: 02:51.26 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:38.48	01:22.90	02:08.13	02:51.26
	00:38.48	00:44.42	00:45.23	00:43.13
				

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+ Heat:18, starttime: 16:57

Heat: 18/19 Lane : 1 Athlete: VERHULST MEINDERT				Q-time: 02:40:58
PB (50m pool): 02:40.58 Gent 08/02/2026				PB (25m pool): 02:37.49 SB: 02:40.58 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:35.70	01:17.49	01:59.57	02:40.58
	00:35.70	00:41.79	00:42.08	00:41.01
				

Coach feedback:

FIRST Swim Meeting: Session: 4: COACH evaluation sheet for TEAM: AZL

Event number: 21: 200M BUTTERFLY WOMEN 11+					Heat:4, starttime: 17:15
Heat: 4/4 Lane : 4 Athlete: VAN DEN BREMT SARAH					Q-time: 02:36:88
PB (50m pool): 02:36.88 Antwerpen 27/07/2025					PB (25m pool): 02:35.66 SB: 02:37.17 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.77	01:13.73	01:55.21	02:36.88	
	00:33.77	00:39.96	00:41.48	00:41.67	
					

Coach feedback:

Event number: 22: 200M BUTTERFLY MEN 11+					Heat:4, starttime: 17:30
Heat: 4/6 Lane : 4 Athlete: VAN DEN BREMT MATHIAS					Q-time: 02:35:76
PB (50m pool): 02:35.76 Aalst 11/05/2025					PB (25m pool): 02:29.95 SB: 02:40.99 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.24	01:12.63	01:53.81	02:35.76	
	00:33.24	00:39.39	00:41.18	00:41.95	
					

Coach feedback: