

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

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

Coaches: Du Bois Cedric

Coaches: Claes Steven 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 : 2 Athlete: NSUBUGA SOFIA					Q-time: 02:30:31
PB (50m pool): 02:28.71 Antwerpen 19/04/2026					PB (25m pool): 02:25.38 SB: 02:28.71 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.18	01:10.91	01:50.41	02:28.71	
	00:33.18	00:37.73	00:39.50	00:38.30	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:17, starttime: 15:20
Heat: 17/24 Lane : 6 Athlete: WYFFELS LOUISE MARIE					Q-time: 02:28:79
PB (50m pool): 02:28.79 Molenbeek 01/02/2026					PB (25m pool): 02:28.32 SB: 02:28.79 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:11.44	no time	02:28.79	
	no time				
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:53
Heat: 2/19 Lane : 6 Athlete: TRONCKOE KOBE					Q-time: 99:99:99
PB (50m pool): 03:55.09 Seraing 28/01/2024					PB (25m pool): 03:21.94 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	03:55.09	
	no time				
					

Coach feedback:

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Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:7, starttime: 16:17
Heat: 7/19 Lane : 8 Athlete: JACQUEMYNS LEWIS					Q-time: 04:00:64
PB (50m pool): 04:00.64 Aalst 20/12/2025					PB (25m pool): 04:01.35 SB: 04:00.64 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:54.63	01:56.17	02:59.27	04:00.64	
	00:54.63	01:01.54	01:03.10	01:01.37	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:8, starttime: 16:22
Heat: 8/19 Lane : 3 Athlete: VANDEPITTE KYAN					Q-time: 03:39:11
PB (50m pool): 03:39.11 Gent 08/02/2026					PB (25m pool): 03:27.20 SB: 03:39.11 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:50.38	01:45.96	02:43.75	03:39.11	
	00:50.38	00:55.58	00:57.79	00:55.36	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:8, starttime: 16:22
Heat: 8/19 Lane : 8 Athlete: CLAES TIEBE					Q-time: 03:45:73
PB (50m pool): 03:45.73 Charleroi 11/01/2026					PB (25m pool): 03:34.74 SB: 03:45.73 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:51.04	01:50.57	02:49.61	03:45.73	
	00:51.04	00:59.53	00:59.04	00:56.12	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:10, starttime: 16:30
Heat: 10/19 Lane : 3 Athlete: VERHASSELT LARS					Q-time: 03:18:69
PB (50m pool): 03:18.69 Gent 08/02/2026					PB (25m pool): 03:10.84 SB: 03:18.69 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.17	01:36.86	02:28.19	03:18.69	
	00:46.17	00:50.69	00:51.33	00:50.50	
					

Coach feedback:

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Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:10, starttime: 16:30
Heat: 10/19 Lane : 7 Athlete: JACQUEMYNS KOBE					Q-time: 03:20:72
PB (50m pool): 03:13.96 Antwerpen 19/04/2026			PB (25m pool): 03:11.38 SB: 03:13.96 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.54	01:32.94	02:23.52	03:13.96	
	00:43.54	00:49.40	00:50.58	00:50.44	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:11, starttime: 16:34
Heat: 11/19 Lane : 2 Athlete: DE MESMAEKER LOANN					Q-time: 03:10:77
PB (50m pool): 03:08.35 Antwerpen 19/04/2026			PB (25m pool): 03:08.63 SB: 03:08.35 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.35	01:31.50	02:19.99	03:08.35	
	00:42.35	00:49.15	00:48.49	00:48.36	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:15, starttime: 16:48
Heat: 15/19 Lane : 5 Athlete: CLAES ELIAN					Q-time: 02:53:13
PB (50m pool): 02:52.96 Antwerpen 19/04/2026			PB (25m pool): 02:48.36 SB: 02:52.96 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.20	01:23.32	02:08.09	02:52.96	
	00:39.20	00:44.12	00:44.77	00:44.87	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:16, starttime: 16:51
Heat: 16/19 Lane : 5 Athlete: PUTTAERT ARTHUR					Q-time: 02:47:28
PB (50m pool): 02:47.21 Antwerpen 19/04/2026			PB (25m pool): 02:45.28 SB: 02:47.21 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.90	01:20.16	02:03.99	02:47.21	
	00:36.90	00:43.26	00:43.83	00:43.22	
					

Coach feedback:

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Event number: 21: 200M BUTTERFLY WOMEN 11+					Heat:2, starttime: 17:08
Heat: 2/4 Lane : 6 Athlete: WYFFELS LOUISE MARIE					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	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback: