

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

Coachinfo: Warming up from: 13:00 untill 14:05. 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: 18: 200M FREESTYLE WOMEN 11+ Heat:4, starttime: 14:37

Heat: 4/24 Lane : 4 Athlete: BOGAERT TIRZA Q-time: 03:29:05

PB (50m pool): 03:29.05 Sportoase De Watermolen 29/03/2026 PB (25m pool): no time SB: 03:29.05 Sportoase De Watermolen 29/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.96	01:41.58	02:38.05	03:29.05	
	00:45.96	00:55.62	00:56.47	00:51.00	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+ Heat:4, starttime: 14:37

Heat: 4/24 Lane : 6 Athlete: DE NIL KAAT 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:

Event number: 18: 200M FREESTYLE WOMEN 11+ Heat:6, starttime: 14:46

Heat: 6/24 Lane : 2 Athlete: ROGIERS LOTTE Q-time: 03:02:18

PB (50m pool): 03:02.18 Sportoase De Watermolen 29/03/2026 PB (25m pool): no time SB: 03:02.18 Sportoase De Watermolen 29/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.23	01:30.07	02:19.31	03:02.18	
	00:42.23	00:47.84	00:49.24	00:42.87	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:6, starttime: 14:46	
Heat: 6/24 Lane : 8 Athlete: PHILIPS NOé				Q-time: 03:06:49	
PB (50m pool): 03:06.49 Gent 08/02/2026				PB (25m pool): 03:13.03 SB: 03:06.49 Gent 08/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:28.71	no time	03:06.49	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:12, starttime: 15:05	
Heat: 12/24 Lane : 6 Athlete: BOGAERT AMANI				Q-time: 02:38:97	
PB (50m pool): 02:38.97 Sportoase De Watermolen 29/03/2026				PB (25m pool): 02:34.23 SB: 02:38.97 Sportoase De Watermolen 29/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.30	01:19.04	02:00.99	02:38.97	
	00:37.30	00:41.74	00:41.95	00:37.98	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:18, starttime: 15:23	
Heat: 18/24 Lane : 3 Athlete: JACOBS EVA				Q-time: 02:25:98	
PB (50m pool): 02:25.98 Sportoase De Watermolen 29/03/2026				PB (25m pool): 02:32.67 SB: 02:25.98 Sportoase De Watermolen 29/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.03	01:11.38	01:49.61	02:25.98	
	00:34.03	00:37.35	00:38.23	00:36.37	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:22, starttime: 15:35	
Heat: 22/24 Lane : 2 Athlete: JACOBS ELLA				Q-time: 02:18:12	
PB (50m pool): 02:14.45 Lago Gent Rozebroeken 01/05/2022				PB (25m pool): 02:12.07 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	02:14.45	
	no time				
					

Coach feedback:

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Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:4, starttime: 16:03
Heat: 4/19 Lane : 1 Athlete: LAMMENS XANDER					Q-time: 99:99:99
PB (50m pool): 02:56.83 Lago Gent Rozebroeken 01/05/2022 PB (25m pool): 02:47.61 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	02:56.83	
	no time				
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:6, starttime: 16:12
Heat: 6/19 Lane : 4 Athlete: ROGIERS LUCAS					Q-time: 04:03:93
PB (50m pool): 04:03.93 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:55.66	01:58.16	03:01.74	04:03.93	
	00:55.66	01:02.50	01:03.58	01:02.19	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:10, starttime: 16:30
Heat: 10/19 Lane : 5 Athlete: VAN LAERE JUUL					Q-time: 03:18:41
PB (50m pool): 03:18.41 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:27.86 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.71	01:34.91	02:27.68	03:18.41	
	00:44.71	00:50.20	00:52.77	00:50.73	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:14, starttime: 16:44
Heat: 14/19 Lane : 3 Athlete: FELIES JARNE					Q-time: 02:57:00
PB (50m pool): 02:57.00 Antwerpen 13/07/2025 PB (25m pool): 02:54.29 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.64	01:25.35	02:12.19	02:57.00	
	00:39.64	00:45.71	00:46.84	00:44.81	
					

Coach feedback:

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

Event number: 21: 200M BUTTERFLY WOMEN 11+					Heat:2, starttime: 17:08
Heat: 2/4 Lane : 3 Athlete: LAMMENS ALIX					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 02:57.82 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				
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Coach feedback:

Event number: 22: 200M BUTTERFLY MEN 11+					Heat:2, starttime: 17:23
Heat: 2/6 Lane : 4 Athlete: VERHENNE TIM					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 02:44.88 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: 22: 200M BUTTERFLY MEN 11+					Heat:3, starttime: 17:26
Heat: 3/6 Lane : 7 Athlete: ROGIERS LOUIS					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 02:51.41 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: