

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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

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

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:49
Heat: 7/24 Lane : 3 Athlete: WULLAERT LIESE					Q-time: 02:58:36
PB (50m pool): no time PB (25m pool): 02:58.36 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:9, starttime: 14:56
Heat: 9/24 Lane : 8 Athlete: VAN DE VYVERE LENA					Q-time: 02:48:19
PB (50m pool): no time PB (25m pool): 02:48.19 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 : 5 Athlete: VERHULST NOOR					Q-time: 02:42:90
PB (50m pool): 02:42.90 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:36.76 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.37	01:18.07	02:01.21	02:42.90	
	00:36.37	00:41.70	00:43.14	00:41.69	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:19, starttime: 15:26
Heat: 19/24 Lane : 5 Athlete: VAN DAELE JOSEFIEN					Q-time: 02:23:70
PB (50m pool): 02:20.20 Antwerpen 19/04/2026					PB (25m pool): 02:20.46 SB: 02:20.20 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.09	01:07.77	01:44.16	02:20.20	
	00:32.09	00:35.68	00:36.39	00:36.04	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:19, starttime: 15:26
Heat: 19/24 Lane : 8 Athlete: DE SMET AMÉLIE					Q-time: 02:25:12
PB (50m pool): 02:25.12 Antwerpen 08/03/2026					PB (25m pool): 02:22.40 SB: 02:25.12 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.31	01:10.40	01:48.21	02:25.12	
	00:33.31	00:37.09	00:37.81	00:36.91	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:20, starttime: 15:29
Heat: 20/24 Lane : 4 Athlete: DE BRABANDER CELESTE					Q-time: 02:20:68
PB (50m pool): 02:19.82 Antwerpen 19/04/2026					PB (25m pool): 02:19.73 SB: 02:19.82 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.29	01:08.50	01:44.54	02:19.82	
	00:32.29	00:36.21	00:36.04	00:35.28	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:21, starttime: 15:32
Heat: 21/24 Lane : 8 Athlete: WULLAERT FIEN					Q-time: 02:20:07
PB (50m pool): 02:20.07 Antwerpen 20/07/2025					PB (25m pool): 02:17.86 SB: 02:20.27 Sportoase De Watermolen 29/03/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.49	01:08.30	01:45.26	02:20.07	
	00:32.49	00:35.81	00:36.96	00:34.81	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:22, starttime: 15:35	
Heat: 22/24 Lane : 3 Athlete: DELPORTE LOTTE				Q-time: 02:16:34	
PB (50m pool): 02:14.89 Antwerpen 19/04/2026				PB (25m pool): 02:12.31 SB: 02:14.89 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.69	01:06.40	01:40.73	02:14.89	
	00:32.69	00:33.71	00:34.33	00:34.16	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+				Heat:11, starttime: 16:34	
Heat: 11/19 Lane : 8 Athlete: VANHAVERE DAAN				Q-time: 03:12:30	
PB (50m pool): 03:12.30 Sportoase De Watermolen 29/03/2026				PB (25m pool): 03:01.69 SB: 03:12.30 Sportoase De Watermolen 29/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.24	01:34.33	02:24.97	03:12.30	
	00:44.24	00:50.09	00:50.64	00:47.33	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+				Heat:12, starttime: 16:37	
Heat: 12/19 Lane : 1 Athlete: VERHAGEN TOON				Q-time: 03:06:56	
PB (50m pool): no time				PB (25m pool): 03:06.56 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: 20: 200M BREASTSTROKE MEN 11+				Heat:16, starttime: 16:51	
Heat: 16/19 Lane : 1 Athlete: BEN AYAD NAOUFAL				Q-time: 02:50:01	
PB (50m pool): 02:50.01 Sportoase De Watermolen 29/03/2026				PB (25m pool): 02:49.23 SB: 02:50.01 Sportoase De Watermolen 29/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.85	01:22.49	02:06.80	02:50.01	
	00:38.85	00:43.64	00:44.31	00:43.21	
					

Coach feedback:

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Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:17, starttime: 16:54
Heat: 17/19 Lane : 1 Athlete: BOURDIAUDHY THIBAU					Q-time: 02:46:67
PB (50m pool): 02:46.67 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:45.24 SB: 02:46.67 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.24	01:21.28	02:04.33	02:46.67	
	00:38.24	00:43.04	00:43.05	00:42.34	
					

Coach feedback:

Event number: 22: 200M BUTTERFLY MEN 11+					Heat:4, starttime: 17:30
Heat: 4/6 Lane : 3 Athlete: VAN GOETHEM ARTHUR					Q-time: 02:42:08
PB (50m pool): no time PB (25m pool): 02:42.08 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: