

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

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

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 : 2 Athlete: MIGNAUW LAURA					Q-time: 99:99:99
PB (50m pool): 02:16.26 Antwerpen 14/07/2024					PB (25m pool): 02:13.72 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	02:16.26	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:12, starttime: 15:05
Heat: 12/24 Lane : 1 Athlete: VANDEMAELE ELLIE					Q-time: 02:40:30
PB (50m pool): 02:40.30 Antwerpen 13/07/2025					PB (25m pool): 02:37.80 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.44	01:19.15	02:01.61	02:40.30	
	00:37.44	00:41.71	00:42.46	00:38.69	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:19, starttime: 15:26
Heat: 19/24 Lane : 2 Athlete: CASIER CAMILLE					Q-time: 02:24:21
PB (50m pool): 02:24.21 Antwerpen 13/07/2025					PB (25m pool): 02:21.36 SB: 02:30.21 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.99	01:11.65	01:48.77	02:24.21	
	00:33.99	00:37.66	00:37.12	00:35.44	
					

Coach feedback:

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Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:11, starttime: 16:34
Heat: 11/19 Lane : 6 Athlete: HEYLIGEN LUTZ					Q-time: 03:09:99
PB (50m pool): 03:09.99 Antwerpen 13/07/2025					PB (25m pool): 02:56.92 SB: 03:13.57 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.00	01:31.17	02:21.42	03:09.99	
	00:43.00	00:48.17	00:50.25	00:48.57	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:14, starttime: 16:44
Heat: 14/19 Lane : 5 Athlete: HUYGHEBAERT JULES					Q-time: 02:56:88
PB (50m pool): 02:56.88 Seraing 25/01/2026					PB (25m pool): 02:51.03 SB: 02:56.88 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.01	01:27.16	02:13.41	02:56.88	
	00:41.01	00:46.15	00:46.25	00:43.47	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:16, starttime: 16:51
Heat: 16/19 Lane : 6 Athlete: DHAENE NIELS					Q-time: 02:49:49
PB (50m pool): 02:49.49 Antwerpen 13/07/2025					PB (25m pool): 02:46.00 SB: 02:54.41 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.41	01:22.40	02:06.60	02:49.49	
	00:38.41	00:43.99	00:44.20	00:42.89	
					

Coach feedback: