

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

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

Coaches: Timmermans Vera HEADCOACH

Coaches: Brugghemans Suzanne

Coaches: Van Den Broeck Dennis

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

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:12, starttime: 15:05
Heat: 12/24 Lane : 7 Athlete: SEGHERS MILLA					Q-time: 02:40:01
PB (50m pool): no time PB (25m pool): 02:40.01 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:14, starttime: 15:11
Heat: 14/24 Lane : 4 Athlete: VAN HOOMISSEN CHELSEA					Q-time: 02:33:48
PB (50m pool): 02:33.48 Gent 08/02/2026 PB (25m pool): 02:33.61 SB: 02:33.48 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:13.20	no time	02:33.48	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:14, starttime: 15:11
Heat: 14/24 Lane : 7 Athlete: JACOBS ROXANNE					Q-time: 02:34:82
PB (50m pool): 02:34.82 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:29.59 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.54	01:13.80	01:54.72	02:34.82	
	00:34.54	00:39.26	00:40.92	00:40.10	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:15, starttime: 15:14
Heat: 15/24 Lane : 1 Athlete: NUYTKENS MARIE					Q-time: 02:32:71
PB (50m pool): 02:32.71 Gent 08/02/2026					PB (25m pool): 02:32.36 SB: 02:32.71 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:13.11	no time	02:32.71	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:15, starttime: 15:14
Heat: 15/24 Lane : 8 Athlete: VERSPECHT KAAT					Q-time: 02:32:93
PB (50m pool): 02:32.93 Gent 08/02/2026					PB (25m pool): 02:31.95 SB: 02:32.93 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:13.99	no time	02:32.93	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:20, starttime: 15:29
Heat: 20/24 Lane : 8 Athlete: VERSPECHT LIEN					Q-time: 02:23:46
PB (50m pool): 02:23.46 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:21.18 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.51	01:08.78	01:46.68	02:23.46	
	00:32.51	00:36.27	00:37.90	00:36.78	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:22, starttime: 15:35
Heat: 22/24 Lane : 6 Athlete: GEENS AMÉLIE					Q-time: 02:16:66
PB (50m pool): 02:16.66 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:13.92 SB: 02:19.17 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.48	01:06.01	01:41.69	02:16.66	
	00:31.48	00:34.53	00:35.68	00:34.97	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:23, starttime: 15:37	
Heat: 23/24 Lane : 3 Athlete: DALEMANS LYN				Q-time: 02:12:15	
PB (50m pool): 02:12.15 Gent 08/02/2026				PB (25m pool): 02:08.10 SB: 02:12.15 Gent 08/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:04.30	no time	02:12.15	
	no time				
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+				Heat:8, starttime: 16:22	
Heat: 8/19 Lane : 1 Athlete: LAUWENS FINN				Q-time: 03:45:66	
PB (50m pool): no time				PB (25m pool): 03:45.66 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:11, starttime: 16:34	
Heat: 11/19 Lane : 3 Athlete: VERSPECHT KOBE				Q-time: 03:09:30	
PB (50m pool): no time				PB (25m pool): 03:09.30 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:14, starttime: 16:44	
Heat: 14/19 Lane : 2 Athlete: VAN LOON BAS				Q-time: 02:57:85	
PB (50m pool): 02:57.85 Molenbeek 01/02/2026				PB (25m pool): 02:50.57 SB: 02:57.85 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:25.44	no time	02:57.85	
	no time				
					

Coach feedback:

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Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:17, starttime: 16:54
Heat: 17/19 Lane : 4 Athlete: BAKX WARRE					Q-time: 02:41:78
PB (50m pool): 02:40.36 Antwerpen 21/07/2024					PB (25m pool): 02:36.94 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	02:40.36	
	no time				
					

Coach feedback:

Event number: 22: 200M BUTTERFLY MEN 11+					Heat:4, starttime: 17:30
Heat: 4/6 Lane : 8 Athlete: DE ROOS KASPER					Q-time: 03:09:08
PB (50m pool): no time					PB (25m pool): 03:26.46 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: