

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: VZV

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Vansteenberg Annelies

Coaches: Van Landschoot Gwendy

Coaches: Bartholomeus Pieter

PB => Personal Best time

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

## Event number: 1: 200M BREASTSTROKE MIXED 10-9

Heat:1, starttime: 14:00

Heat: 1/4 Lane : 2 Athlete: BARTHOLOMEUS MARTHE

Q-time: 99:99:99

PB (25m pool): no time

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

## Event number: 1: 200M BREASTSTROKE MIXED 10-9

Heat:1, starttime: 14:00

Heat: 1/4 Lane : 4 Athlete: GERMONPRÉ FELICE

Q-time: 99:99:99

PB (25m pool): no time

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

## Event number: 1: 200M BREASTSTROKE MIXED 10-9

Heat:3, starttime: 14:10

Heat: 3/4 Lane : 2 Athlete: DEHAENE RACHELLE

Q-time: 99:99:99

PB (25m pool): no time

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: VZV

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:5, starttime: 14:30

Heat: 5/10 Lane : 2 Athlete: WILS ESTELLE

Q-time: 01:41:27

PB (25m pool): 01:41.27 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:41.27 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.18		01:41.27	
		00:48.18		00:53.09	
	.....	.....	.....	.....	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:8, starttime: 14:40

Heat: 8/10 Lane : 6 Athlete: GERMONPRÉ CÉZANNE

Q-time: 01:30:28

PB (25m pool): 01:30.28 Diksmuide 28/12/2025

PB (50m pool): 01:32.96 SB: 01:30.28 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.85		01:30.28	
		00:43.85		00:46.43	
	.....	.....	.....	.....	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:9, starttime: 14:40

Heat: 9/10 Lane : 1 Athlete: VERHAEGHE LARA

Q-time: 01:28:20

PB (25m pool): 01:28.20 Diksmuide 09/03/2025

PB (50m pool): 01:34.57 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.79		01:28.20	
		00:41.79		00:46.41	
	.....	.....	.....	.....	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:9, starttime: 14:40

Heat: 9/10 Lane : 5 Athlete: LOWAGIE LOLA

Q-time: 01:26:79

PB (25m pool): 01:26.79 Temse 17/11/2025

PB (50m pool): 01:29.19 SB: 01:26.79 Temse 17/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.41		01:26.79	
		00:41.41		00:45.38	
	.....	.....	.....	.....	

Coach feedback:

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: VZV

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:10, starttime: 14:40

Heat: 10/10 Lane : 1 Athlete: LOWAGIE LILY

Q-time: 01:24:19

PB (25m pool): 01:24.19 Temse 17/11/2025

PB (50m pool): 01:27.51 SB: 01:24.19 Temse 17/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.71		01:24.19	
		00:40.71		00:43.48	
	.....	.....	.....	.....	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:1, starttime: 14:45

Heat: 1/10 Lane : 5 Athlete: DEVOS BAS

Q-time: 99:99:99

PB (25m pool): no time

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
		no time			
	.....	.....	.....	.....	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:3, starttime: 14:50

Heat: 3/10 Lane : 7 Athlete: GOETHALS LOWIE

Q-time: 99:99:99

PB (25m pool): no time

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
		no time			
	.....	.....	.....	.....	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:10, starttime: 15:05

Heat: 10/10 Lane : 1 Athlete: GERMONPRé ACHIEL

Q-time: 01:19:41

PB (25m pool): 01:19.41 Menen 01/05/2025

PB (50m pool): 01:21.79 SB: 01:22.47 Diksmuide 12/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.67		01:19.41	
		00:36.67		00:42.74	
	.....	.....	.....	.....	

Coach feedback:

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: VZV

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:2, starttime: 15:10

Heat: 2/10 Lane : 8 Athlete: NEYRINCK ELODY

Q-time: 99:99:99

PB (25m pool): no time

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
	.....	.....	.....	.....	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:4, starttime: 15:15

Heat: 4/10 Lane : 4 Athlete: JANSSEUNE LENA

Q-time: 01:37:50

PB (25m pool): 01:37.50 WAREGEM 27/09/2025 PB (50m pool): no time SB: 01:37.50 WAREGEM 27/09/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:37.50	
	no time				
	.....	.....	.....	.....	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:5, starttime: 15:20

Heat: 5/10 Lane : 2 Athlete: WILS ESTELLE

Q-time: 01:33:79

PB (25m pool): 01:33.79 Diksmuide 28/12/2025 PB (50m pool): no time SB: 01:33.79 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.38		01:33.79	
	00:46.38			00:47.41	
	.....	.....	.....	.....	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:7, starttime: 15:20

Heat: 7/10 Lane : 3 Athlete: LOWAGIE LOLA

Q-time: 01:21:56

PB (25m pool): 01:21.56 WAREGEM 27/09/2025 PB (50m pool): no time SB: 01:21.56 WAREGEM 27/09/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:21.56	
	no time				
	.....	.....	.....	.....	

Coach feedback:

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: VZV

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:7, starttime: 15:20

Heat: 7/10 Lane : 5 Athlete: GERMONPRé CéZANNE

Q-time: 01:20:91

PB (25m pool): 01:20.91 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:20.91 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.58		01:20.91	
		00:38.58		00:42.33	
	.....	.....	.....	.....	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:8, starttime: 15:25

Heat: 8/10 Lane : 1 Athlete: BARTHOLOMEUS FLORIANNE

Q-time: 01:19:21

PB (25m pool): 01:19.21 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:19.21 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.76		01:19.21	
		00:37.76		00:41.45	
	.....	.....	.....	.....	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:8, starttime: 15:25

Heat: 8/10 Lane : 2 Athlete: LOWAGIE LILY

Q-time: 01:17:83

PB (25m pool): 01:17.83 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:17.83 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.67		01:17.83	
		00:38.67		00:39.16	
	.....	.....	.....	.....	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:3, starttime: 15:35

Heat: 3/11 Lane : 8 Athlete: DEVOS BAS

Q-time: 99:99:99

PB (25m pool): no time

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
		no time			
	.....	.....	.....	.....	

Coach feedback:

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: VZV

Event number: 5: 100M MEDLEY MEN 11+

Heat:8, starttime: 15:45

Heat: 8/11 Lane : 3 Athlete: THIEREN KASPER

Q-time: 01:20:67

PB (25m pool): 01:20.67 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:20.67 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.96		01:20.67	
		00:36.96		00:43.71	
	.....	.....	.....	.....	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:8, starttime: 15:45

Heat: 8/11 Lane : 8 Athlete: VANDOOREN LOU

Q-time: 01:24:40

PB (25m pool): 01:24.40 Meulebeke 06/04/2025

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:24.40	
		no time			
	.....	.....	.....	.....	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:9, starttime: 15:45

Heat: 9/11 Lane : 8 Athlete: GARMYN LEON

Q-time: 01:16:34

PB (25m pool): 01:16.34 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:16.34 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.04		01:16.34	
		00:35.04		00:41.30	
	.....	.....	.....	.....	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:10, starttime: 15:50

Heat: 10/11 Lane : 6 Athlete: NEYRINCK LOÏCK

Q-time: 01:11:11

PB (25m pool): 01:11.11 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:11.11 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.40		01:11.11	
		00:33.40		00:37.71	
	.....	.....	.....	.....	

Coach feedback:

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: VZV

Event number: 5: 100M MEDLEY MEN 11+

Heat:10, starttime: 15:50

Heat: 10/11 Lane : 8 Athlete: GERMONPRé ACHIEL

Q-time: 01:12:33

PB (25m pool): 01:12.33 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:12.33 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.98		01:12.33	
		00:34.98		00:37.35	
	.....	.....	.....	.....	

Coach feedback:

Event number: 6: 100M FREESTYLE MIXED 10-9

Heat:1, starttime: 15:55

Heat: 1/4 Lane : 5 Athlete: DEHAENE RACHELLE

Q-time: 99:99:99

PB (25m pool): no time

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
		no time			
	.....	.....	.....	.....	

Coach feedback:

Event number: 6: 100M FREESTYLE MIXED 10-9

Heat:2, starttime: 15:55

Heat: 2/4 Lane : 2 Athlete: GERMONPRé FELICE

Q-time: 99:99:99

PB (25m pool): no time

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
		no time			
	.....	.....	.....	.....	

Coach feedback:

Event number: 6: 100M FREESTYLE MIXED 10-9

Heat:2, starttime: 15:55

Heat: 2/4 Lane : 4 Athlete: BARTHOLOMEUS MARTHE

Q-time: 99:99:99

PB (25m pool): no time

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
		no time			
	.....	.....	.....	.....	

Coach feedback:

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: VZV

Event number: 7: 200M BACKSTROKE WOMEN 11+

Heat:4, starttime: 16:35

Heat: 4/8 Lane : 2 Athlete: NEYRINCK ELODY

Q-time: 99:99:99

PB (25m pool): no time

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+

Heat:5, starttime: 16:40

Heat: 5/8 Lane : 2 Athlete: JANSSEUNE LENA

Q-time: 99:99:99

PB (25m pool): no time

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+

Heat:7, starttime: 16:50

Heat: 7/8 Lane : 3 Athlete: BARTHOLOMEUS FLORIANNE

Q-time: 02:53:84

PB (25m pool): 02:53.84 Diksmuide 12/10/2025

PB (50m pool): no time SB: 02:53.84 Diksmuide 12/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.18		01:25.53		02:10.84		02:53.84
	00:41.18			00:44.35		00:45.31		00:43.00
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+

Heat:8, starttime: 16:55

Heat: 8/8 Lane : 1 Athlete: VERHAEGHE LARA

Q-time: 02:42:01

PB (25m pool): 02:42.01 Diksmuide 09/03/2025

PB (50m pool): 02:46.13 SB: 02:47.53 Diksmuide 12/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.65		01:19.58		02:01.44		02:42.01
	00:38.65			00:40.93		00:41.86		00:40.57
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: VZV

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:1, starttime: 16:55

Heat: 1/10 Lane : 5 Athlete: GOETHALS LOWIE

Q-time: 99:99:99

PB (25m pool): no time

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:4, starttime: 17:10

Heat: 4/10 Lane : 4 Athlete: VANDOOREN LOU

Q-time: 99:99:99

PB (25m pool): no time

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:7, starttime: 17:25

Heat: 7/10 Lane : 4 Athlete: THIEREN KASPER

Q-time: 02:58:22

PB (25m pool): 03:18.99 Diksmuide 10/03/2024

PB (50m pool): 02:58.22 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		03:18.99
	no time							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:8, starttime: 17:30

Heat: 8/10 Lane : 8 Athlete: GARMYN LEON

Q-time: 02:56:04

PB (25m pool): 02:56.04 Diksmuide 09/03/2025

PB (50m pool): 03:02.02 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M	
PB		00:40.14		01:24.15		02:10.84		02:56.04	
	00:40.14			00:44.01		00:46.69		00:45.20	
	.....	.....	.....	.....	.....	.....	.....	.....	

Coach feedback:

# H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: VZV

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:9, starttime: 17:30

Heat: 9/10 Lane : 6 Athlete: NEYRINCK LOÏCK

Q-time: 02:42:16

PB (25m pool): 02:42.16 Diksmuide 12/10/2025

PB (50m pool): no time SB: 02:42.16 Diksmuide 12/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.66		01:20.27		02:01.79		02:42.16
		00:38.66		00:41.61		00:41.52		00:40.37
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback: