

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

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

The listed starttimes are indicative!

Coaches: Lefever Valerie

Coaches: Debeuckelaere Sindy HEADCOACH

Coaches: Tieghem Kristof

PB => Personal Best time

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

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

Heat:2, starttime: 14:05

Heat: 2/4 Lane : 6 Athlete: DOOMS VIC

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:4, starttime: 14:15

Heat: 4/4 Lane : 1 Athlete: VANHAECKE HANNAH

Q-time: 04:22:13

PB (25m pool): 04:22.13 Diksmuide 09/03/2025

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		00:59.94		02:08.41		03:17.18		04:22.13
		00:59.94		01:08.47		01:08.77		01:04.95

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:1, starttime: 14:20

Heat: 1/10 Lane : 5 Athlete: GRYSPERT NOA

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: ZB

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:2, starttime: 14:25

Heat: 2/10 Lane : 2 Athlete: GOEMAERE ALIZéE

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: 2: 100M BREASTSTROKE WOMEN 11+

Heat:2, starttime: 14:25

Heat: 2/10 Lane : 5 Athlete: MIGOM LOBKE

Q-time: 99:99:99

PB (25m pool): 01:38.13 DIKSMUIDE 19/12/2021

PB (50m pool): 01:56.72 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:38.13	
		no time			
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:2, starttime: 14:25

Heat: 2/10 Lane : 6 Athlete: DEBRUYNE HELENA

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: 2: 100M BREASTSTROKE WOMEN 11+

Heat:3, starttime: 14:25

Heat: 3/10 Lane : 1 Athlete: DE DEYNE PAULIEN

Q-time: 99:99:99

PB (25m pool): 01:45.21 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:45.21 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.51		01:45.21	
		00:50.51		00:54.70	
	

Coach feedback:

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

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:4, starttime: 14:30

Heat: 4/10 Lane : 1 Athlete: VANDAMME BRITT

Q-time: 01:51:06

PB (25m pool): no time

PB (50m pool): 01:51.06 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: 2: 100M BREASTSTROKE WOMEN 11+

Heat:4, starttime: 14:30

Heat: 4/10 Lane : 2 Athlete: HOSTEN IRIS

Q-time: 01:49:86

PB (25m pool): 01:49.86 Diksmuide 09/03/2025

PB (50m pool): 01:48.29 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.20		01:49.86	
		00:52.20		00:57.66	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:4, starttime: 14:30

Heat: 4/10 Lane : 3 Athlete: PLATA AMELIA

Q-time: 01:47:75

PB (25m pool): 01:47.75 Diksmuide 09/03/2025

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.73		01:47.75	
		00:48.73		00:59.02	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:4, starttime: 14:30

Heat: 4/10 Lane : 6 Athlete: HOORNE ELISE

Q-time: 01:49:75

PB (25m pool): 01:57.21 Diksmuide 10/03/2024

PB (50m pool): 01:49.75 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:57.21	
		no time			
	

Coach feedback:

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

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:5, starttime: 14:30

Heat: 5/10 Lane : 1 Athlete: DECAESTECKER OONA

Q-time: 01:42:18

PB (25m pool): 01:42.18 Diksmuide 28/12/2025

PB (50m pool): 01:46.39 SB: 01:42.18 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.23		01:42.18	
		00:47.23		00:54.95	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:7, starttime: 14:35

Heat: 7/10 Lane : 4 Athlete: TOMMISSEN SIMONAH

Q-time: 01:33:21

PB (25m pool): 01:36.58 Diksmuide 29/12/2024

PB (50m pool): 01:33.21 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.54		01:36.58	
		00:46.54		00:50.04	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:8, starttime: 14:40

Heat: 8/10 Lane : 3 Athlete: DESCHOEMAEKER RANI

Q-time: 01:30:14

PB (25m pool): 01:30.14 Ettelbruck 20/04/2025

PB (50m pool): 01:35.03 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.70		01:30.14	
		00:42.70		00:47.44	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:10, starttime: 14:40

Heat: 10/10 Lane : 3 Athlete: DELPORTE ELLE

Q-time: 01:20:85

PB (25m pool): 01:20.85 Temse 17/11/2025

PB (50m pool): 01:25.89 SB: 01:20.85 Temse 17/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.06		01:20.85	
		00:38.06		00:42.79	
	

Coach feedback:

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

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:10, starttime: 14:40

Heat: 10/10 Lane : 6 Athlete: GHEKIERE JUNE

Q-time: 01:21:65

PB (25m pool): 01:21.65 Diksmuide 28/12/2025

PB (50m pool): 01:26.73 SB: 01:21.65 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.37		01:21.65	
		00:38.37		00:43.28	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:10, starttime: 14:40

Heat: 10/10 Lane : 7 Athlete: CASTELEYN YANA

Q-time: 01:24:04

PB (25m pool): 01:23.25 Ettelbruck 20/04/2025

PB (50m pool): 01:26.90 SB: 01:24.04 Temse 17/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.14		01:23.25	
		00:39.14		00:44.11	
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:2, starttime: 14:45

Heat: 2/10 Lane : 2 Athlete: SEGAERT FONS

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:2, starttime: 14:45

Heat: 2/10 Lane : 6 Athlete: GRYSON TIEMEN

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: ZB

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:2, starttime: 14:45

Heat: 2/10 Lane : 8 Athlete: GOEMAERE JOREN

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 : 1 Athlete: GOEMAERE NATHAN

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 : 4 Athlete: MAERTENS LOUIS

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 : 6 Athlete: VANDELANOTTE SIMON

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: ZB

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:5, starttime: 14:55

Heat: 5/10 Lane : 8 Athlete: T'JONCK MATHIJS

Q-time: 01:57:61

PB (25m pool): 01:57.61 Torhout 06/12/2025

PB (50m pool): no time SB: 01:57.61 Torhout 06/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:55.60		01:57.61	
		00:55.60		01:02.01	
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:7, starttime: 15:00

Heat: 7/10 Lane : 4 Athlete: THYVELEN RUNE

Q-time: 01:38:82

PB (25m pool): 01:38.82 Diksmuide 28/12/2025

PB (50m pool): 01:59.50 SB: 01:38.82 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.15		01:38.82	
		00:47.15		00:51.67	
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:7, starttime: 15:00

Heat: 7/10 Lane : 5 Athlete: KINT NOAH

Q-time: 01:38:91

PB (25m pool): 01:38.91 Diksmuide 09/03/2025

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.22		01:38.91	
		00:47.22		00:51.69	
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:7, starttime: 15:00

Heat: 7/10 Lane : 6 Athlete: MOERMAN JASPER

Q-time: 01:39:97

PB (25m pool): 01:39.97 Zwevegem 11/05/2025

PB (50m pool): 01:38.91 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.31		01:39.97	
		00:49.31		00:50.66	
	

Coach feedback:

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

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:8, starttime: 15:00

Heat: 8/10 Lane : 4 Athlete: VANHAECKE LOWIE

Q-time: 01:33:18

PB (25m pool): 01:33.18 Temse 17/11/2025

PB (50m pool): 01:31.14 SB: 01:33.18 Temse 17/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.00		01:33.18	
		00:45.00		00:48.18	
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:10, starttime: 15:05

Heat: 10/10 Lane : 4 Athlete: PLOVIE FLYNN

Q-time: 01:14:43

PB (25m pool): 01:14.43 Diksmuide 28/12/2025

PB (50m pool): 01:18.52 SB: 01:14.43 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.92		01:14.43	
		00:34.92		00:39.51	
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:10, starttime: 15:05

Heat: 10/10 Lane : 6 Athlete: EECKHOUT SIEBEN

Q-time: 01:16:24

PB (25m pool): 01:12.13 Diksmuide 10/03/2024

PB (50m pool): 01:16.24 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:12.13	
		no time			
	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:1, starttime: 15:10

Heat: 1/10 Lane : 2 Athlete: GOEMAERE ALIZéE

Q-time: 99:99:99

PB (25m pool): 01:19.10 Diksmuide 10/03/2024

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:19.10	
		no time			
	

Coach feedback:

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

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:2, starttime: 15:10

Heat: 2/10 Lane : 6 Athlete: DEBRUYNE HELENA

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:2, starttime: 15:10

Heat: 2/10 Lane : 7 Athlete: SEYS ORPHEE

Q-time: 99:99:99

PB (25m pool): 01:33.01 Diksmuide 29/12/2024

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.20		01:33.01	
		00:44.20		00:48.81	
	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:3, starttime: 15:15

Heat: 3/10 Lane : 2 Athlete: DEJONCKHEERE FLOOR

Q-time: 99:99:99

PB (25m pool): 01:31.31 Diksmuide 29/12/2024

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.58		01:31.31	
		00:42.58		00:48.73	
	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:3, starttime: 15:15

Heat: 3/10 Lane : 4 Athlete: GRYSPERT NOA

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: ZB

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:3, starttime: 15:15

Heat: 3/10 Lane : 5 Athlete: PLATA AMELIA

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 : 2 Athlete: DEMAREST JAYDA

Q-time: 01:39:83

PB (25m pool): 01:39.35 Diksmuide 29/12/2024

PB (50m pool): no time SB: 01:39.83 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.92		01:39.35	
		00:48.92		00:50.43	
	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:5, starttime: 15:20

Heat: 5/10 Lane : 1 Athlete: HOSTEN IRIS

Q-time: 01:34:02

PB (25m pool): 01:34.02 Ettelbruck 20/04/2025

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.16		01:34.02	
		00:45.16		00:48.86	
	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:7, starttime: 15:20

Heat: 7/10 Lane : 1 Athlete: DESCHOEMAEKER RANI

Q-time: 01:24:61

PB (25m pool): 01:24.61 Ettelbruck 20/04/2025

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.70		01:24.61	
		00:40.70		00:43.91	
	

Coach feedback:

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

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:7, starttime: 15:20

Heat: 7/10 Lane : 7 Athlete: VANDAMME BRITT

Q-time: 01:24:47

PB (25m pool): 01:24.47 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:24.47 Diksmuide 28/12/2025

2 5 M		5 0 M	7 5 M	1 0 0 M	
PB		00:39.84		01:24.47	
		00:39.84		00:44.63	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:7, starttime: 15:20

Heat: 7/10 Lane : 8 Athlete: HOORNE ELISE

Q-time: 01:24:96

PB (25m pool): 01:24.96 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:24.96 Diksmuide 28/12/2025

2 5 M		5 0 M	7 5 M	1 0 0 M	
PB		00:41.26		01:24.96	
		00:41.26		00:43.70	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:8, starttime: 15:25

Heat: 8/10 Lane : 4 Athlete: THYVELEN LISE

Q-time: 01:15:98

PB (25m pool): 01:13.90 Diksmuide 29/12/2024

PB (50m pool): no time SB: 01:16.38 Diksmuide 28/12/2025

2 5 M		5 0 M	7 5 M	1 0 0 M	
PB		00:34.89		01:13.90	
		00:34.89		00:39.01	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:8, starttime: 15:25

Heat: 8/10 Lane : 5 Athlete: GHEKIERE JUNE

Q-time: 01:16:04

PB (25m pool): 01:16.04 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:16.04 Diksmuide 28/12/2025

2 5 M		5 0 M	7 5 M	1 0 0 M	
PB		00:36.58		01:16.04	
		00:36.58		00:39.46	

Coach feedback:

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

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:8, starttime: 15:25

Heat: 8/10 Lane : 8 Athlete: TOMMISSEN SIMONAH

Q-time: 01:19:37

PB (25m pool): 01:19.37 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:19.37 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.00		01:19.37	
		00:37.00		00:42.37	
	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:9, starttime: 15:25

Heat: 9/10 Lane : 6 Athlete: DEMAREST HAILEY

Q-time: 01:15:34

PB (25m pool): 01:15.34 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:15.34 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.21		01:15.34	
		00:36.21		00:39.13	
	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:10, starttime: 15:30

Heat: 10/10 Lane : 5 Athlete: EECKHOUT FLEUR

Q-time: 01:08:58

PB (25m pool): 01:08.41 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:08.41 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.87		01:08.41	
		00:31.87		00:36.54	
	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:10, starttime: 15:30

Heat: 10/10 Lane : 7 Athlete: DELPORTE ELLE

Q-time: 01:11:18

PB (25m pool): 01:11.18 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:11.18 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.71		01:11.18	
		00:33.71		00:37.47	
	

Coach feedback:

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

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:10, starttime: 15:30

Heat: 10/10 Lane : 8 Athlete: DEMUYNCK MARGOT

Q-time: 01:12:60

PB (25m pool): 01:12.60 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:12.60 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.14		01:12.60	
		00:34.14		00:38.46	
	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:1, starttime: 15:30

Heat: 1/11 Lane : 5 Athlete: GOEMAERE JOREN

Q-time: 99:99:99

PB (25m pool): 01:13.61 Diksmuide 10/03/2024

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:13.61	
		no time			
	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:2, starttime: 15:30

Heat: 2/11 Lane : 1 Athlete: VANHAECKE LOWIE

Q-time: 99:99:99

PB (25m pool): 01:21.51 Diksmuide 29/12/2024

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.10		01:21.51	
		00:39.10		00:42.41	
	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:2, starttime: 15:30

Heat: 2/11 Lane : 2 Athlete: EECKHOUT SIEBEN

Q-time: 99:99:99

PB (25m pool): 01:03.91 Diksmuide 29/12/2024

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.24		01:03.91	
		00:29.24		00:34.67	
	

Coach feedback:

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

Event number: 5: 100M MEDLEY MEN 11+

Heat:2, starttime: 15:30

Heat: 2/11 Lane : 4 Athlete: GRYSON TIEMEN

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: 5: 100M MEDLEY MEN 11+

Heat:2, starttime: 15:30

Heat: 2/11 Lane : 5 Athlete: SEGAERT FONS

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: 5: 100M MEDLEY MEN 11+

Heat:2, starttime: 15:30

Heat: 2/11 Lane : 8 Athlete: VERGAUWE MARTIJN

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: 5: 100M MEDLEY MEN 11+

Heat:4, starttime: 15:35

Heat: 4/11 Lane : 1 Athlete: MAERTENS LOUIS

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: ZB

Event number: 5: 100M MEDLEY MEN 11+

Heat:4, starttime: 15:35

Heat: 4/11 Lane : 3 Athlete: VANDELANOTTE SIMON

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: 5: 100M MEDLEY MEN 11+

Heat:4, starttime: 15:35

Heat: 4/11 Lane : 6 Athlete: TAMPERE EDEN

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: 5: 100M MEDLEY MEN 11+

Heat:4, starttime: 15:35

Heat: 4/11 Lane : 7 Athlete: THYVELEN RUNE

Q-time: 99:99:99

PB (25m pool): 01:35.94 Waregem 28/09/2024

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:35.94	
	no time				
	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:7, starttime: 15:45

Heat: 7/11 Lane : 1 Athlete: KINDT NOAH

Q-time: 01:27:41

PB (25m pool): 01:27.41 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:27.41 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.44		01:27.41	
	00:39.44		00:47.97		
	

Coach feedback:

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

Event number: 5: 100M MEDLEY MEN 11+

Heat:7, starttime: 15:45

Heat: 7/11 Lane : 4 Athlete: MOERMAN JASPER

Q-time: 01:24:49

PB (25m pool): 01:24.49 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:24.49 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.72		01:24.49	
		00:39.72		00:44.77	
	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:7, starttime: 15:45

Heat: 7/11 Lane : 6 Athlete: STAELLEN QUINTEN

Q-time: 01:26:14

PB (25m pool): 01:26.14 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		01:26.14	
		no time			
	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:9, starttime: 15:45

Heat: 9/11 Lane : 3 Athlete: DEJAEGHERE MICHEL

Q-time: 01:14:16

PB (25m pool): 01:14.16 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		01:14.16	
		no time			
	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:10, starttime: 15:50

Heat: 10/11 Lane : 3 Athlete: DEVRIESE SKY

Q-time: 01:10:89

PB (25m pool): 01:10.89 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:10.89 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.39		01:10.89	
		00:33.39		00:37.50	
	

Coach feedback:

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

Event number: 5: 100M MEDLEY MEN 11+

Heat:10, starttime: 15:50

Heat: 10/11 Lane : 5 Athlete: DE GRYSE HAMZA

Q-time: 01:10:55

PB (25m pool): 01:10.55 Ettelbruck 20/04/2025

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.72		01:10.55	
		00:33.72		00:36.83	
	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:10, starttime: 15:50

Heat: 10/11 Lane : 7 Athlete: VAN BRABANT BENJAMIN

Q-time: 01:11:70

PB (25m pool): 01:11.70 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:11.70 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.37		01:11.70	
		00:33.37		00:38.33	
	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:11, starttime: 15:50

Heat: 11/11 Lane : 2 Athlete: SALOMEZ HAAKON

Q-time: 01:06:67

PB (25m pool): 01:04.74 Ettelbruck 16/04/2023

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:04.74	
		no time			
	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:11, starttime: 15:50

Heat: 11/11 Lane : 3 Athlete: DELPORTE NIO

Q-time: 01:05:05

PB (25m pool): 01:05.05 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		01:05.05	
		no time			
	

Coach feedback:

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

Event number: 5: 100M MEDLEY MEN 11+

Heat:11, starttime: 15:50

Heat: 11/11 Lane : 4 Athlete: THYVELEN WOUT

Q-time: 01:00:64

PB (25m pool): 01:00.41 Diksmuide 29/12/2024

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.58		01:00.41	
		00:27.58		00:32.83	
	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:11, starttime: 15:50

Heat: 11/11 Lane : 5 Athlete: PLOVIE FLYNN

Q-time: 01:04:76

PB (25m pool): 01:04.76 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:04.76 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.25		01:04.76	
		00:29.25		00:35.51	
	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:11, starttime: 15:50

Heat: 11/11 Lane : 7 Athlete: VANDAMME LUCAS

Q-time: 01:07:08

PB (25m pool): 01:07.08 Diksmuide 28/12/2025

PB (50m pool): no time SB: 01:07.08 Diksmuide 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.99		01:07.08	
		00:31.99		00:35.09	
	

Coach feedback:

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

Heat:1, starttime: 15:55

Heat: 1/4 Lane : 6 Athlete: BRUYNOOGHE VICTOR

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: ZB

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

Heat:3, starttime: 16:00

Heat: 3/4 Lane : 3 Athlete: VANHAECKE HANNAH

Q-time: 01:39:93

PB (25m pool): 01:39.93 Zwevegem 11/05/2025

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.59		01:39.93	
		00:46.59		00:53.34	
	

Coach feedback:

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

Heat:3, starttime: 16:00

Heat: 3/4 Lane : 7 Athlete: DOOMS VIC

Q-time: 01:48:78

PB (25m pool): 01:48.78 Menen 01/05/2025

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.50		01:48.78	
		00:50.50		00:58.28	
	

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+

Heat:1, starttime: 16:25

Heat: 1/8 Lane : 5 Athlete: EECKHOUT FLEUR

Q-time: 99:99:99

PB (25m pool): 02:35.15 Kortrijk 26/12/2023

PB (50m pool): 03:03.01 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		02:35.15
		no time						

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+

Heat:1, starttime: 16:25

Heat: 1/8 Lane : 6 Athlete: CASTELEYN YANA

Q-time: 99:99:99

PB (25m pool): 02:58.52 Diksmuide 10/03/2024

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		02:58.52
		no time						

Coach feedback:

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

Event number: 7: 200M BACKSTROKE WOMEN 11+

Heat:2, starttime: 16:25

Heat: 2/8 Lane : 1 Athlete: THYVELEN LISE

Q-time: 99:99:99

PB (25m pool): 02:47.25 Diksmuide 10/03/2024

PB (50m pool): 03:17.87 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		02:47.25
		no time						

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+

Heat:2, starttime: 16:25

Heat: 2/8 Lane : 7 Athlete: SEYS ORPHEE

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:3, starttime: 16:30

Heat: 3/8 Lane : 7 Athlete: DEMUYNCK MARGOT

Q-time: 99:99:99

PB (25m pool): 02:43.75 Diksmuide 10/03/2024

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		02:43.75
		no time						

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+

Heat:4, starttime: 16:35

Heat: 4/8 Lane : 1 Athlete: DECAESTECKER OONA

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: ZB

Event number: 7: 200M BACKSTROKE WOMEN 11+

Heat:4, starttime: 16:35

Heat: 4/8 Lane : 5 Athlete: DE DEYNE PAULIEN

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:4, starttime: 16:35

Heat: 4/8 Lane : 7 Athlete: DEJONCKHEERE FLOOR

Q-time: 99:99:99

PB (25m pool): 03:40.52 Meulebeke 26/05/2024

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		03:40.52
	no time							

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+

Heat:5, starttime: 16:40

Heat: 5/8 Lane : 1 Athlete: DEMAREST HAILEY

Q-time: 99:99:99

PB (25m pool): 02:46.77 Brugge 20/10/2024

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		00:40.46		01:22.36		02:05.04		02:46.77
	00:40.46			00:41.90		00:42.68		00:41.73

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+

Heat:5, starttime: 16:40

Heat: 5/8 Lane : 3 Athlete: DEMAREST JAYDA

Q-time: 03:19:52

PB (25m pool): 03:19.52 Meulebeke 06/04/2025

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		00:49.24		01:40.71		no time		03:19.52
	00:49.24			00:51.47				

Coach feedback:

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

Event number: 7: 200M BACKSTROKE WOMEN 11+

Heat:8, starttime: 16:55

Heat: 8/8 Lane : 4 Athlete: MIGOM LOBKE

Q-time: 02:22:96

PB (25m pool): 02:22.96 Ettelbruck 20/04/2025

PB (50m pool): 02:29.96 SB: 02:24.82 Gent 09/11/2025

	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		00:34.00		01:09.60		01:46.56		02:22.96
		00:34.00		00:35.60		00:36.96		00:36.40

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:1, starttime: 16:55

Heat: 1/10 Lane : 2 Athlete: THYVELEN WOUT

Q-time: 99:99:99

PB (25m pool): 02:14.40 Kortrijk 26/12/2023

PB (50m pool): 02:21.68 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		02:14.40
		no time						

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:3, starttime: 17:05

Heat: 3/10 Lane : 2 Athlete: DEVRIESE SKY

Q-time: 99:99:99

PB (25m pool): 02:43.81 Diksmuide 10/03/2024

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		02:43.81
		no time						

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:3, starttime: 17:05

Heat: 3/10 Lane : 3 Athlete: TAMPERE EDEN

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: ZB

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:3, starttime: 17:05

Heat: 3/10 Lane : 5 Athlete: VANDAMME LUCAS

Q-time: 99:99:99

PB (25m pool): 02:39.36 Diksmuide 10/03/2024

PB (50m pool): 02:45.95 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		02:39.36
		no time						

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:3, starttime: 17:05

Heat: 3/10 Lane : 6 Athlete: DE GRYSE HAMZA

Q-time: 99:99:99

PB (25m pool): 02:58.68 Zwevegem 05/03/2023

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		02:58.68
		no time						

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:4, starttime: 17:10

Heat: 4/10 Lane : 5 Athlete: DEJAEGHERE MICHEL

Q-time: 99:99:99

PB (25m pool): 03:00.45 Diksmuide 10/03/2024

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		03:00.45
		no time						

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:5, starttime: 17:15

Heat: 5/10 Lane : 4 Athlete: GOEMAERE NATHAN

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: ZB

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:5, starttime: 17:15

Heat: 5/10 Lane : 5 Athlete: T'JONCK MATHIJS

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:6, starttime: 17:20

Heat: 6/10 Lane : 1 Athlete: DELPORTE NIO

Q-time: 99:99:99

PB (25m pool): 02:21.65 Brugge 20/10/2024

PB (50m pool): 02:29.50 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		00:33.55		01:09.38		01:46.46		02:21.65
		00:33.55		00:35.83		00:37.08		00:35.19

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:6, starttime: 17:20

Heat: 6/10 Lane : 6 Athlete: VERGAUWE MARTIJN

Q-time: 03:26:69

PB (25m pool): 03:26.69 Meulebeke 18/05/2025

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		03:26.69
		no time						

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:8, starttime: 17:30

Heat: 8/10 Lane : 6 Athlete: STAELLEN QUINTEN

Q-time: 02:53:58

PB (25m pool): 02:53.58 Diksmuide 12/10/2025

PB (50m pool): no time SB: 02:53.58 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		00:40.39		01:24.78		02:10.23		02:53.58
		00:40.39		00:44.39		00:45.45		00:43.35

Coach feedback:

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

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:8, starttime: 17:30

Heat: 8/10 Lane : 7 Athlete: VAN BRABANT BENJAMIN

Q-time: 02:54:86

PB (25m pool): 02:54.86 Diksmuide 09/03/2025

PB (50m pool): 03:10.80 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		00:41.38		01:25.86		02:11.32		02:54.86
		00:41.38		00:44.48		00:45.46		00:43.54

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:10, starttime: 17:35

Heat: 10/10 Lane : 4 Athlete: SALOMEZ HAAKON

Q-time: 02:20:05

PB (25m pool): 02:17.41 Diksmuide 19/03/2023

PB (50m pool): 02:27.84 SB: 02:20.05 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		no time		no time		no time		02:17.41
		no time						

Coach feedback:

Event number: 9: 4x100M FREESTYLE WOMEN 11+

Heat:1, starttime: 17:40

Heat: 1/1 Lane : 4 Athlete: TEAM ZB1

Q-time: 04:07:25

PB (25m pool):

PB (50m pool):

SB:

	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB								

PB	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M

Coach feedback:

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

Event number: 9: 4x100M FREESTYLE WOMEN 11+

Heat:1, starttime: 17:40

Heat: 1/1 Lane : 6 Athlete: TEAM ZB2

Q-time: 04:25:69

PB (25m pool):

PB (50m pool):

SB:

	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB								

	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB								

Coach feedback:

Event number: 10: 4x100M FREESTYLE MEN 11+

Heat:1, starttime: 17:45

Heat: 1/1 Lane : 4 Athlete: TEAM ZB1

Q-time: 03:41:47

PB (25m pool):

PB (50m pool):

SB:

	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB								

	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB								

Coach feedback:

Event number: 10: 4x100M FREESTYLE MEN 11+

Heat:1, starttime: 17:45

Heat: 1/1 Lane : 5 Athlete: TEAM ZB2

Q-time: 03:55:34

PB (25m pool):

PB (50m pool):

SB:

	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB								

	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB								

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