

SCZ Recordpoging: Session: 1: COACH evaluation sheet for TEAM: DMI

Coachinfo: Warming up from: 17:00 untill . Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Moerman Pieter

Coaches: Van der Elst Astrid

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE MEN 11+ Heat:4, starttime: 18:19

Heat: 4/4 Lane : 3 Athlete: DEBECKER MATHEO							Q-time: 04:14:55	
PB (25m pool): 04:14.55 Meulebeke 10/05/2026				PB (50m pool): 04:27.75 SB: 04:14.55 Meulebeke 10/05/2026				
	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		no time		00:59.98		no time		02:04.68
	no time							
								
	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		no time		no time		no time		04:14.55
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11+ Heat:2, starttime: 18:31

Heat: 2/2 Lane : 3 Athlete: DHAESELEER FRAN							Q-time: 04:24:15	
PB (25m pool): 04:24.15 Zaventem 15/07/2025				PB (50m pool): 04:30.72 SB: 04:35.07 Gent 09/11/2025				
	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		no time		01:01.90		no time		02:09.65
	no time							
								
	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		no time		no time		no time		04:24.15
								

Coach feedback:

Event number: 4: 200M BACKSTROKE WOMEN 11+ Heat:3, starttime: 18:54

Heat: 3/3 Lane : 3 Athlete: DEBECKER CHARLOTTE							Q-time: 02:19:70	
PB (25m pool): 02:19.70 Meulebeke 10/05/2026				PB (50m pool): 02:27.93 SB: 02:19.70 Meulebeke 10/05/2026				
	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		00:32.69		01:08.05		no time		02:19.70
	00:32.69		00:35.36					
								

Coach feedback:

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Event number: 8: 100M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 19:37
Heat: 6/6 Lane : 4 Athlete: VANLANCKER YNTHE					Q-time: 01:20:12
PB (25m pool): 01:20.12 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:24.09 SB: 01:20.12 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.82		01:20.12	
	00:37.82		00:42.30		
					

Coach feedback:

Event number: 12: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 20:25	
Heat: 2/2 Lane : 3 Athlete: DEBECKER CHARLOTTE							Q-time: 02:19:31	
PB (25m pool): 02:19.31 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:23.96SB: 02:19.31 Sint-Amandsberg 19/10/2025				
	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		00:31.58		01:06.73		01:47.30		02:19.31
	00:31.58		00:35.15		00:40.57		00:32.01	
								

Coach feedback:

Event number: 12: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 20:25	
Heat: 2/2 Lane : 4 Athlete: VANLANCKER YNTHE							Q-time: 02:37:43	
PB (25m pool): 02:37.43 DIKSMUIDE 30/11/2025				PB (50m pool): 02:41.52SB: 02:37.43 DIKSMUIDE 30/11/2025				
	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		00:33.72		01:13.97		01:58.71		02:37.43
	00:33.72		00:40.25		00:44.74		00:38.72	
								

Coach feedback:

Event number: 17: 100M MEDLEY MEN 11+					Heat:3, starttime: 21:07
Heat: 3/3 Lane : 1 Athlete: DEBECKER MATHEO					Q-time: 01:07:22
PB (25m pool): 01:06.61 Zwevegem 31/05/2026					PB (50m pool): no time SB: 01:06.61 Zwevegem 31/05/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.53		01:06.61	
	00:30.53		00:36.08		
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 21:18	
Heat: 5/5 Lane : 3 Athlete: DHAESELEER FRAN					Q-time: 01:06:96	
PB (25m pool): 01:06.96 Diksmuide 08/02/2026 PB (50m pool): no time SB: 01:06.96 Diksmuide 08/02/2026						
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:31.11		01:06.96		
	00:31.11		00:35.85			
						

Coach feedback: