Jeugdweds SVAZ 1 nov: Session: 1: COACH evaluation sheet for TEAM: GBZ

Coachinfo: Warming up from: 08:00 untill . Teamleadmeeting @ The listed starttimes are indicative!

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

Event number: 2: 100M FREESTYLE WOMEN 11+ Heat:2, starttime: 09:10

Heat: 2/3 Lane : 4 Athlete: LEFEBRE ELENA **Q-time: 01:14:58**

PB (25m pool): 01:14.58 Dendermonde 22/11/2025 **PB (50m pool):** 01:17.47 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:36.52		01:14.58	
		00:36.52		*00:38.06*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ Heat:1, starttime: 09:15

Heat: 1/5 Lane : 4 Athlete: LARHDIR NAëL **Q-time: 99:99:99**

PB (25m pool): 01:23.77 Durmehal 27/09/2026 **PB (50m pool):** no time **SB:** 01:23.77 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:39.23		01:23.77	
		00:39.23		*00:44.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ Heat:4, starttime: 09:21

Heat: 4/5 Lane : 1 Athlete: LARHDIR RAYAN **Q-time: 01:04:21**

PB (25m pool): 01:04.21 Durmehal 27/09/2026 **PB (50m pool):** 01:06.01 **SB:** 01:04.21 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:30.94		01:04.21	
		00:30.94		*00:33.27*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Jeugdweds SVAZ 1 nov: Session: 1: COACH evaluation sheet for TEAM: GBZ

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:4, starttime: 09:21

Heat: 4/5 Lane : 4 Athlete: VAN DAELE GILLES — **Q-time: 01:00:14**

PB (25m pool): 01:00.14 Durmehal 27/09/2026 — **PB (50m pool):** 01:06.14 **SB:** 01:00.14 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:29.34		01:00.14	
		00:29.34		*00:30.80*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+ — Heat:1, starttime: 09:30

Heat: 1/3 Lane : 4 Athlete: THIELMAN PAULIEN — **Q-time: 99:99:99**

PB (25m pool): no time — **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+ — Heat:2, starttime: 09:34

Heat: 2/3 Lane : 2 Athlete: VANDECASTEELE MARTHE — **Q-time: 03:32:23**

PB (25m pool): 03:36.75 Temse 21/12/2025 — **PB (50m pool):** 03:32.23 **SB:** 03:42.01 BEERNEM 19/09/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:51.15		01:45.73		02:42.95		03:36.75
		00:51.15		*00:54.58*		*00:57.22*		*00:53.80*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+ — Heat:3, starttime: 09:38

Heat: 3/3 Lane : 4 Athlete: VERHOFSTEDE LENA — **Q-time: 03:13:81**

PB (25m pool): 03:13.81 Temse 21/12/2025 — **PB (50m pool):** 03:24.30 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:43.19		01:32.08		02:23.38		03:13.81
		00:43.19		*00:48.89*		*00:51.30*		*00:50.43*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Jeugdweds SVAZ 1 nov: Session: 1: COACH evaluation sheet for TEAM: GBZ

Event number: 6: 200M BREASTSTROKE MEN 11+ — Heat:3, starttime: 09:52

Heat: 3/3 Lane : 3 Athlete: ROGGEMAN VINCENT — **Q-time: 03:19:83**

PB (25m pool): 03:19.83 Aartselaar 01/11/2025 **PB (50m pool):** 03:25.99 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:44.44		01:36.66		no time		03:19.83
		00:44.44		*00:52.22*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+ — Heat:1, starttime: 10:02

Heat: 1/2 Lane : 4 Athlete: KRIJNEN LOUIS — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+ — Heat:2, starttime: 10:04

Heat: 2/2 Lane : 3 Athlete: DE RYCK SEPPE — **Q-time: 01:03:18**

PB (25m pool): 01:03.18 Durmehal 27/09/2026 **PB (50m pool):** 01:06.58 **SB:** 01:03.18 Durmehal 27/09/2026

	25M	50M	75M	100M	
PB		00:31.12		01:03.18	
		00:31.12		*00:32.06*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+ — Heat:2, starttime: 10:04

Heat: 2/2 Lane : 6 Athlete: VERMIJLEN THOR — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Jeugdweds SVAZ 1 nov: Session: 1: COACH evaluation sheet for TEAM: GBZ

Event number: 12: 200M FREESTYLE WOMEN 11+ — Heat:1, starttime: 10:51

Heat: 1/3 Lane : 3 Athlete: VANDECASTEELE MARTHE — **Q-time: 03:06:40**

PB (25m pool): 03:08.17 Groenenhoek Berchem 10/10/2026 **PB (50m pool):** 03:06.40 **SB:** 03:08.17 Groenenhoek Berchem 10/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:41.35		01:28.87		no time		03:08.17
		00:41.35		*00:47.52*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 200M FREESTYLE WOMEN 11+ — Heat:2, starttime: 10:55

Heat: 2/3 Lane : 5 Athlete: LEFEBRE ELENA — **Q-time: 02:47:04**

PB (25m pool): 02:47.04 Lokeren 28/09/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:38.12		01:18.85		02:03.14		02:47.04
		00:38.12		*00:40.73*		*00:44.29*		*00:43.90*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 13: 200M FREESTYLE MEN 11+ — Heat:1, starttime: 11:02

Heat: 1/2 Lane : 6 Athlete: LARHDIR NAëL — **Q-time: 99:99:99**

PB (25m pool): 03:05.24 Sint-Niklaas 28/12/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:41.39		01:26.45		no time		03:05.24
		00:41.39		*00:45.06*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 13: 200M FREESTYLE MEN 11+ — Heat:2, starttime: 11:05

Heat: 2/2 Lane : 6 Athlete: ROGGEMAN VINCENT — **Q-time: 02:47:42**

PB (25m pool): no time **PB (50m pool):** 02:47.42 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Jeugdweds SVAZ 1 nov: Session: 1: COACH evaluation sheet for TEAM: GBZ

Event number: 15: 100M BREASTSTROKE MEN 11+ — Heat:2, starttime: 11:14

Heat: 2/3 Lane : 3 Athlete: VERMIJLEN THOR — **Q-time: 01:38:83**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+ — Heat:2, starttime: 11:14

Heat: 2/3 Lane : 5 Athlete: KRIJNEN LOUIS — **Q-time: 01:41:59**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 200M BACKSTROKE WOMEN 11+ — Heat:2, starttime: 11:23

Heat: 2/2 Lane : 3 Athlete: THIELMAN PAULIEN — **Q-time: 02:41:69**

PB (25m pool): 02:41.69 **Aartselaar** 01/11/2025 **PB (50m pool):** 02:43.91 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.34		01:18.77		no time		02:41.69
		00:38.34		*00:40.43*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 17: 200M BACKSTROKE MEN 11+ — Heat:1, starttime: 11:27

Heat: 1/1 Lane : 3 Athlete: DE RYCK SEPPE — **Q-time: 02:19:12**

PB (25m pool): 02:19.12 **Aartselaar** 01/11/2025 **PB (50m pool):** 02:21.74 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.98		01:08.83		no time		02:19.12
		00:33.98		*00:34.85*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Jeugdweds SVAZ 1 nov: Session: 1: COACH evaluation sheet for TEAM: GBZ

Event number: 18: 100M BUTTERFLY WOMEN 11+ — Heat:2, starttime: 11:34

Heat: 2/2 Lane : 4 Athlete: VERHOFSTEDE LENA — **Q-time: 01:22:85**

PB (25m pool): 01:22.85 Aartselaar 01/11/2025 **PB (50m pool):** 01:28.16 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:37.79		01:22.85	
		00:37.79		*00:45.06*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 100M BUTTERFLY MEN 11+ — Heat:2, starttime: 11:38

Heat: 2/2 Lane : 2 Athlete: LARHDIR RAYAN — **Q-time: 01:16:85**

PB (25m pool): 01:16.85 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:16.85 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.12		01:16.85	
		00:34.12		*00:42.73*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 100M BUTTERFLY MEN 11+ — Heat:2, starttime: 11:38

Heat: 2/2 Lane : 5 Athlete: VAN DAELE GILLES — **Q-time: 01:20:66**

PB (25m pool): 01:14.36 DENDERMONDE. 23/11/2024 **PB (50m pool):** 01:13.85 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:34.42		01:14.36	
		00:34.42		*00:39.94*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: