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

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:1, starttime: 09:08

Heat: 1/3 Lane : 2 Athlete: CREEMERS LIEZE **Q-time: 01:32:66**

PB (25m pool): 01:41.66 Tremelo 14/12/2025 **PB (50m pool):** 01:32.66 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:47.84		01:41.66	
		00:47.84		*00:53.82*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ Heat:1, starttime: 09:08

Heat: 1/3 Lane : 3 Athlete: VANDENSANDE CLARA **Q-time: 01:29:03**

PB (25m pool): 01:34.72 Mons 26/10/2025 **PB (50m pool):** 01:29.03 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:45.17		01:34.72	
		00:45.17		*00:49.55*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ Heat:1, starttime: 09:08

Heat: 1/3 Lane : 4 Athlete: ASSAM ELOISE **Q-time: 01:29:50**

PB (25m pool): 01:32.26 Tremelo 14/12/2025 **PB (50m pool):** 01:29.50 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:43.36		01:32.26	
		00:43.36		*00:48.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/3 Lane : 6 Athlete: VANDENSANDE LUCíA — **Q-time: 01:26:57**

PB (25m pool): 01:30.58 Tremelo 14/12/2025 **PB (50m pool):** 01:26.57 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:42.66		01:30.58	
		00:42.66		*00:47.92*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:2, starttime: 09:17

Heat: 2/5 Lane : 2 Athlete: SPAAS MILOU — **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 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:2, starttime: 09:17

Heat: 2/5 Lane : 3 Athlete: KERREMANS SEM — **Q-time: 01:35:32**

PB (25m pool): 01:35.32 LEUVEN 22/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:35.32	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:2, starttime: 09:17

Heat: 2/5 Lane : 4 Athlete: MEYFROODT FELIX — **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 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:3, starttime: 09:19

Heat: 3/5 Lane : 3 Athlete: DERAEMAECKER LANDER — **Q-time: 01:11:52**

PB (25m pool): 01:16.41 Aarschot 04/05/2025 **PB (50m pool):** 01:11.52 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:36.55		01:16.41	
		00:36.55		*00:39.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/5 Lane : 2 Athlete: ROOMAN HUGUES — **Q-time: 01:00:63**

PB (25m pool): 01:00.63 Leuven 04/10/2026 **PB (50m pool):** 01:01.49 **SB:** 01:00.63 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.80		01:00.63	
		00:28.80		*00:31.83*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/5 Lane : 5 Athlete: LI YUZE — **Q-time: 01:02:88**

PB (25m pool): 01:02.88 LEUVEN 22/02/2026 **PB (50m pool):** 01:06.05 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:28.97		01:02.88	
		00:28.97		*00:33.91*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BREASTSTROKE MIXED 10-9 — Heat:1, starttime: 09:24

Heat: 1/2 Lane : 2 Athlete: VANHEULE THéO — **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 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 4: 100M BREASTSTROKE MIXED 10-9 — Heat:1, starttime: 09:24

Heat: 1/2 Lane : 3 Athlete: DIERICX JASPER — **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 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BREASTSTROKE MIXED 10-9 — Heat:1, starttime: 09:24

Heat: 1/2 Lane : 4 Athlete: DE CLERCK TUUR — **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 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BREASTSTROKE MIXED 10-9 — Heat:2, starttime: 09:27

Heat: 2/2 Lane : 1 Athlete: XIE BOYAN — **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 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BREASTSTROKE MIXED 10-9 — Heat:2, starttime: 09:27

Heat: 2/2 Lane : 5 Athlete: LI YIYANG — **Q-time: 01:57:12**

PB (25m pool): 01:57.12 Dilbeek 10/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:53.75		01:57.12	
	00:53.75			*01:03.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 4: 100M BREASTSTROKE MIXED 10-9 — Heat:2, starttime: 09:27

Heat: 2/2 Lane : 6 Athlete: MEEUS LIZ — **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 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 5 Athlete: VAN BEGIN SARAH — **Q-time: 03:21:42**

PB (25m pool): 03:21.42 LEUVEN. 22/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:44.31		01:36.46		no time		03:21.42
		00:44.31		*00:52.15*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/3 Lane : 6 Athlete: BURSSENS EMMA — **Q-time: 03:23:97**

PB (25m pool): 03:23.97 Tremelo 12/01/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:47.97		01:40.20		no time		03:23.97
		00:47.97		*00:52.23*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 11+ — Heat:2, starttime: 09:59

Heat: 2/2 Lane : 4 Athlete: GADEYNE OLIVIA — **Q-time: 01:17:76**

PB (25m pool): 01:17.76 Meise 21/06/2026 **PB (50m pool):** 01:21.30 **SB:** 01:18.63 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:38.25		01:17.76	
	00:38.25		*00:39.51*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 7: 100M BACKSTROKE WOMEN 11+ — Heat:2, starttime: 09:59

Heat: 2/2 Lane : 5 Athlete: DE RYCK HANNE — **Q-time: 01:25:76**

PB (25m pool): 01:25.76 Leuven 04/10/2026 **PB (50m pool):** 01:29.53 **SB:** 01:25.76 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:42.21		01:25.76	
		00:42.21		*00:43.55*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BACKSTROKE MIXED 10-9 — Heat:1, starttime: 10:07

Heat: 1/3 Lane : 2 Athlete: VANHEULE THéO — **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 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BACKSTROKE MIXED 10-9 — Heat:1, starttime: 10:07

Heat: 1/3 Lane : 3 Athlete: DIERICX JASPER — **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 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BACKSTROKE MIXED 10-9 — Heat:1, starttime: 10:07

Heat: 1/3 Lane : 4 Athlete: MEEUS LIZ — **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 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 9: 100M BACKSTROKE MIXED 10-9 — Heat:2, starttime: 10:10

Heat: 2/3 Lane : 2 Athlete: XIE BOYAN — **Q-time: 01:54:76**

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: 9: 100M BACKSTROKE MIXED 10-9 — Heat:2, starttime: 10:10

Heat: 2/3 Lane : 6 Athlete: DE CLERCK TUUR — **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: 9: 100M BACKSTROKE MIXED 10-9 — Heat:3, starttime: 10:13

Heat: 3/3 Lane : 6 Athlete: LI YIYANG — **Q-time: 01:44:18**

PB (25m pool): 01:44.18 Aarschot 29/03/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		00:50.51		01:44.18	
	00:50.51		*00:53.67*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+ — Heat:1, starttime: 10:24

Heat: 1/3 Lane : 2 Athlete: SPADEA SAMUELE — **Q-time: 99:99:99**

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

Event number: 11: 200M MEDLEY MEN 11+ — Heat:1, starttime: 10:24

Heat: 1/3 Lane : 3 Athlete: MEYFROODT FELIX — **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: 12: 200M FREESTYLE WOMEN 11+ — Heat:3, starttime: 10:58

Heat: 3/3 Lane : 1 Athlete: VANHEULE LéA — **Q-time: 02:32:42**

PB (25m pool): 02:32.42 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** 02:39.65 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.47		01:15.09		01:55.64		02:32.42
		00:35.47		*00:39.62*		*00:40.55*		*00:36.78*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 200M FREESTYLE WOMEN 11+ — Heat:3, starttime: 10:58

Heat: 3/3 Lane : 2 Athlete: BURSSENS EMMA — **Q-time: 02:24:76**

PB (25m pool): 02:24.76 LEUVEN 23/11/2025 **PB (50m pool):** 02:27.83 **SB:** 02:29.33 Leuven 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.87		01:09.47		01:47.49		02:24.76
		00:32.87		*00:36.60*		*00:38.02*		*00:37.27*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/2 Lane : 5 Athlete: ROOMAN HUGUES — **Q-time: 02:11:13**

PB (25m pool): 02:11.13 Leuven 04/10/2026 **PB (50m pool):** 02:19.21 **SB:** 02:11.13 Leuven 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.50		01:04.12		01:38.54		02:11.13
		00:30.50		*00:33.62*		*00:34.42*		*00:32.59*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 14: 100M BREASTSTROKE WOMEN 11+ — Heat:1, starttime: 11:09

Heat: 1/1 Lane : 5 Athlete: VANDENSANDE CLARA — **Q-time: 01:47:11**

PB (25m pool): 01:47.11 LEUVEN 22/02/2026 **PB (50m pool):** 01:48.16 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:50.81		01:47.11	
		00:50.81		*00:56.30*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+ — Heat:1, starttime: 11:12

Heat: 1/3 Lane : 3 Athlete: SPADEA SAMUELE — **Q-time: 02:01:75**

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:1, starttime: 11:12

Heat: 1/3 Lane : 4 Athlete: SPAAS MILOU — **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 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+ — Heat:3, starttime: 11:17

Heat: 3/3 Lane : 1 Athlete: LI YUZE — **Q-time: 01:21:00**

PB (25m pool): 01:21.00 LEUVEN 23/11/2025 **PB (50m pool):** 01:26.44 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:38.58		01:21.00	
		00:38.58		*00:42.42*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 16: 200M BACKSTROKE WOMEN 11+ — Heat:1, starttime: 11:19

Heat: 1/2 Lane : 4 Athlete: VANDENSANDE LUCíA — **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 18: 100M BUTTERFLY WOMEN 11+ — Heat:1, starttime: 11:32

Heat: 1/2 Lane : 2 Athlete: CREEMERS LIEZE — **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: 18: 100M BUTTERFLY WOMEN 11+ — Heat:1, starttime: 11:32

Heat: 1/2 Lane : 3 Athlete: GADEYNE OLIVIA — **Q-time: 01:31:53**

PB (25m pool): 01:40.46 Zaventem 15/07/2025 — **PB (50m pool):** 01:44.09 **SB:** no time

	25M	50M	75M	100M	
PB		00:44.55		01:40.46	
	00:44.55		*00:55.91*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 100M BUTTERFLY WOMEN 11+ — Heat:1, starttime: 11:32

Heat: 1/2 Lane : 4 Athlete: DE RYCK HANNE — **Q-time: 01:42:17**

PB (25m pool): 01:53.39 LEUVEN 22/02/2026 — **PB (50m pool):** 01:42.17 **SB:** no time

	25M	50M	75M	100M	
PB		00:52.73		01:53.39	
	00:52.73		*01:00.66*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/2 Lane : 2 Athlete: VANHEULE LéA — **Q-time: 01:26:22**

PB (25m pool): 01:26.22 LEUVEN 21/12/2025 **PB (50m pool):** 01:28.65 **SB:** no time

	25M	50M	75M	100M	
PB		00:38.74		01:26.22	
		00:38.74		*00:47.48*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 100M BUTTERFLY MEN 11+ — Heat:1, starttime: 11:37

Heat: 1/2 Lane : 2 Athlete: KERREMANS SEM — **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: 20: 400M FREESTYLE WOMEN 11-14 — Heat:1, starttime: 11:41

Heat: 1/2 Lane : 5 Athlete: ASSAM ELOISE — **Q-time: 99:99:99**

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

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		no time		no time		no time		no time
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 20: 400M FREESTYLE WOMEN 11-14 — Heat:2, starttime: 11:48

Heat: 2/2 Lane : 5 Athlete: VAN BEGIN SARAH — **Q-time: 05:51:94**

PB (25m pool): 06:21.58 Zaventem 21/06/2025 **PB (50m pool):** 05:51.94 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		01:26.53		no time		03:03.88
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	225M	250M	275M	300	325	350	375	400M
PB		no time		no time		no time		06:21.58
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 21: 400M FREESTYLE MEN 11-14 — Heat:3, starttime: 12:09

Heat: 3/3 Lane : 2 Athlete: DERAEMAECKER LANDER — **Q-time: 05:29:00**

PB (25m pool): 05:30.06 LEUVEN 23/11/2025 **PB (50m pool):** 05:29.00 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:37.03		01:18.23		02:01.58		02:44.49
		00:37.03		*00:41.20*		*00:43.35*		*00:42.91*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	225M	250M	275M	300	325	350	375	400M
PB		03:26.95		04:09.17		04:51.06		05:30.06
		00:42.46		*00:42.22*		*00:41.89*		*00:39.00*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: