

Herstmeeting LZV: Session: 1: COACH Evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 07:45 untill . Teamleadmeeting @ The listed starttimes are indicative!

Coaches: De Smedt Leny HEADCOACH

Coaches: Bijloos Annie

PB => Personal Best time

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

Event number: 3: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 09:12	
Heat: 2/2 Lane : 1 Athlete: HEYLEN ROOS							Q-time: 03:02:40	
PB (25m pool): 03:03.91 Zottegem 01/03/2026				PB (50m pool): 03:02.40SB: 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		00:44.89		01:31.59		no time		03:03.91
	00:44.89		00:46.70					
								

Coach feedback:

Event number: 3: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 09:12	
Heat: 2/2 Lane : 6 Athlete: BELMANS MARGAUX							Q-time: 03:18:73	
PB (25m pool): 03:18.73 Aartselaar 01/11/2025				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		00:47.26		01:38.49		no time		03:18.73
	00:47.26		00:51.23					
								

Coach feedback:

Event number: 4: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 09:17	
Heat: 1/1 Lane : 4 Athlete: VAN DE WINKEL MILAN							Q-time: 02:28:66	
PB (25m pool): 02:28.66 T ROSCO 12/10/2025				PB (50m pool): 02:35.97 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		00:34.38		01:11.91		01:50.86		02:28.66
	00:34.38		00:37.53		00:38.95		00:37.80	
								

Coach feedback:

Herstmeeting LZV: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 09:28	
Heat: 2/6 Lane : 2 Athlete: TANASE DARIA							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	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	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		no time
								

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 09:28	
Heat: 2/6 Lane : 4 Athlete: DE WOLF ROOS							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	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	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		no time
								

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 09:28	
Heat: 2/6 Lane : 5 Athlete: MORATO ALIX							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	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	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		no time
								

Coach feedback:

Herstmeeting LZV: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 09:36	
Heat: 3/6 Lane : 5 Athlete: HUYLEBROECK JANNE							Q-time: 06:41:55	
PB (25m pool): 06:41.55 T ROSCO 12/10/2025				PB (50m pool): 07:01.03SB: no time				
	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		00:44.50		01:34.91		02:26.52		03:18.27
	00:44.50		00:50.41		00:51.61		00:51.75	
								
	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		04:09.94		05:02.45		05:54.25		06:41.55
	00:51.67		00:52.51		00:51.80		00:47.30	
								

Coach feedback:

Event number: 6: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 10:06	
Heat: 2/2 Lane : 4 Athlete: VAN DE WINKEL LOLA							Q-time: 03:00:71	
PB (25m pool): 03:00.71 Temse 17/11/2025				PB (50m pool): 03:02.65SB: 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		00:41.40		01:28.35		02:15.79		03:00.71
	00:41.40		00:46.95		00:47.44		00:44.92	
								

Coach feedback:

Event number: 6: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 10:06	
Heat: 2/2 Lane : 5 Athlete: DEBAETS ELIEN							Q-time: 03:12:65	
PB (25m pool): 03:17.25 Temse 21/12/2025				PB (50m pool): 03:12.65SB: 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		00:42.46		01:32.99		02:26.31		03:17.25
	00:42.46		00:50.53		00:53.32		00:50.94	
								

Coach feedback:

Herstmeeting LZV: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 7: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 10:15	
Heat: 2/2 Lane : 3 Athlete: VERHULST MEINDERT							Q-time: 02:37:49	
PB (25m pool): 02:37.49 TEMSE 23/11/2025				PB (50m pool): 02:40.58SB: 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		00:35.30		01:15.85		01:57.67		02:37.49
	00:35.30		00:40.55		00:41.82		00:39.82	
								

Coach feedback:

Event number: 7: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 10:15	
Heat: 2/2 Lane : 4 Athlete: VERHULST LENNERT							Q-time: 02:38:64	
PB (25m pool): 02:38.64 Gent 23/02/2025				PB (50m pool): 02:45.92SB: 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		00:35.00		01:15.07		01:56.69		02:38.64
	00:35.00		00:40.07		00:41.62		00:41.95	
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 11+							Heat:1, starttime: 10:20	
Heat: 1/5 Lane : 2 Athlete: DE LANDSHEER OSKAR							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	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	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		no time
								

Coach feedback:

Herstmeeting LZV: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 8: 400M FREESTYLE MEN 11+							Heat:1, starttime: 10:20	
Heat: 1/5 Lane : 5 Athlete: PINTILIE FABIAN							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	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	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		no time
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 11+							Heat:2, starttime: 10:28	
Heat: 2/5 Lane : 6 Athlete: DIERICK ROBBE							Q-time: 07:39:14	
PB (25m pool): 07:41.10 Dendermonde. 22/11/2025				PB (50m pool): 07:39.14SB: no time				
	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		00:48.32		01:44.80		no time		03:47.50
	00:48.32		00:56.48					
								
	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		07:41.10
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 11:01	
Heat: 3/6 Lane : 3 Athlete: DEN TANDT AMBER							Q-time: 02:37:89	
PB (25m pool): 02:28.75 DENDERMONDE. 23/11/2024				PB (50m pool): 02:37.89SB: 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		00:35.00		01:13.00		no time		02:28.75
	00:35.00		00:38.00					
								

Coach feedback:

Herstmeeting LZV: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 11:08	
Heat: 5/6 Lane : 4 Athlete: VAN DEN BREMT SARAH							Q-time: 02:18:90	
PB (25m pool): 02:16.85 Diksmuide 17/11/2024				PB (50m pool): 02:18.90SB: 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		00:30.96		01:05.81		01:41.71		02:16.85
	00:30.96		00:34.85		00:35.90		00:35.14	
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:5, starttime: 11:28	
Heat: 5/7 Lane : 6 Athlete: LUYPAERT EDEN							Q-time: 02:24:14	
PB (25m pool): 02:24.14 Dendermonde. 22/11/2025				PB (50m pool): 02:29.99 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		00:33.82		01:11.00		no time		02:24.14
	00:33.82		00:37.18					
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:6, starttime: 11:31	
Heat: 6/7 Lane : 6 Athlete: BOONE FELIX							Q-time: 02:15:71	
PB (25m pool): 02:15.71 Sint-Niklaas 28/12/2025				PB (50m pool): 02:20.76 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		00:30.82		01:05.39		no time		02:15.71
	00:30.82		00:34.57					
								

Coach feedback:

Event number: 11: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 11:46	
Heat: 3/5 Lane : 4 Athlete: VANDERSTRAETEN HELENA							Q-time: 03:22:78	
PB (25m pool): 03:22.78 Sint-Niklaas 28/12/2025				PB (50m pool): 03:33.78 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		00:43.92		no time		no time		03:22.78
	00:43.92							
								

Coach feedback:

Herstmeeting LZV: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 11: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 11:54	
Heat: 5/5 Lane : 2 Athlete: VANDER MIJNSBRUGGE LORE							Q-time: 02:52:46	
PB (25m pool): 02:52.46 Sint-Niklaas 28/12/2025				PB (50m pool): 02:53.08 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		00:38.08		no time		no time		02:52.46
	00:38.08							
								

Coach feedback:

Event number: 12: 200M MEDLEY MEN 11+							Heat:1, starttime: 11:58	
Heat: 1/3 Lane : 4 Athlete: REYNIERS WARRE							Q-time: 03:38:14	
PB (25m pool): 03:38.54 TEMSE 23/11/2025				PB (50m pool): 03:38.14SB: 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		00:52.82		01:51.51		02:51.99		03:38.54
	00:52.82		00:58.69		01:00.48		00:46.55	
								

Coach feedback:

Event number: 12: 200M MEDLEY MEN 11+							Heat:3, starttime: 12:06	
Heat: 3/3 Lane : 1 Athlete: BOEL ELIAS							Q-time: 02:54:40	
PB (25m pool): 03:03.42 Eeklo 21/04/2025				PB (50m pool): 02:54.40 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		00:42.81		no time		no time		03:03.42
	00:42.81							
								

Coach feedback:

Event number: 12: 200M MEDLEY MEN 11+							Heat:3, starttime: 12:06	
Heat: 3/3 Lane : 2 Athlete: DE COCK MATZ							Q-time: 02:33:41	
PB (25m pool): 02:33.41 Temse 31/05/2026				PB (50m pool): 02:35.47 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		00:33.43		01:13.41		01:58.13		02:33.41
	00:33.43		00:39.98		00:44.72		00:35.28	
								

Coach feedback:

Herstmeeting LZV: Session: 1: COACH Evaluation sheet for TEAM: AZL

Event number: 12: 200M MEDLEY MEN 11+							Heat:3, starttime: 12:06	
Heat: 3/3 Lane : 3 Athlete: POPPE WARRE							Q-time: 02:28:01	
PB (25m pool): 02:29.61 T ROSCO 12/10/2025				PB (50m pool): 02:28.01 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		00:34.10		01:13.56		01:56.40		02:29.61
	00:34.10		00:39.46		00:42.84		00:33.21	
								

Coach feedback:

Event number: 12: 200M MEDLEY MEN 11+							Heat:3, starttime: 12:06	
Heat: 3/3 Lane : 4 Athlete: VAN DEN BREMT MATHIAS							Q-time: 02:28:48	
PB (25m pool): 02:28.48 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:32.50SB: 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		00:31.56		01:10.55		01:54.07		02:28.48
	00:31.56		00:38.99		00:43.52		00:34.41	
								

Coach feedback:

Event number: 12: 200M MEDLEY MEN 11+							Heat:3, starttime: 12:06	
Heat: 3/3 Lane : 5 Athlete: SCHEPERS RUBEN							Q-time: 02:51:95	
PB (25m pool): 02:51.95 Sint-Niklaas 28/12/2025				PB (50m pool): 02:53.38SB: 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		00:35.83		no time		no time		02:51.95
	00:35.83							
								

Coach feedback: