

# Herstmeeting LZV: Session: 1: COACH evaluation sheet for TEAM: DDZZ

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

Coaches: Claeys Jack

PB => Personal Best time

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

| Event number: 1: 200M BUTTERFLY WOMEN 11+      |           |           |           |                                      |           |           | Heat:1, starttime: 09:00 |           |
|------------------------------------------------|-----------|-----------|-----------|--------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 1/1   Lane : 3   Athlete: WILLEMS INNE   |           |           |           |                                      |           |           | Q-time: 03:00:30         |           |
| PB (25m pool): 03:00.30   Meulebeke 10/05/2026 |           |           |           | 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                                             |           | 00:38.55  |           | 01:24.97                             |           | no time   |                          | 03:00.30  |
|                                                | 00:38.55  |           | 00:46.42  |                                      |           |           |                          |           |
|                                                | . . . . . | . . . . . | . . . . . | . . . . .                            | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 6: 200M BREASTSTROKE WOMEN 11+      |           |           |           |                                    |           |           | Heat:2, starttime: 10:06 |           |
|---------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/2    Lane : 1    Athlete: STEENBEKE LISSE |           |           |           |                                    |           |           | Q-time: 03:14:86         |           |
| PB (25m pool): 03:14.86    Temse 21/12/2025       |           |           |           | PB (50m pool): 03:39.89SB: 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                                                |           | 00:45.11  |           | 01:34.68                           |           | 02:25.69  |                          | 03:14.86  |
|                                                   | 00:45.11  |           | 00:49.57  |                                    | 00:51.01  |           | 00:49.17                 |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 9: 200M FREESTYLE WOMEN 11+             |           |           |           |                                       |           |           | Heat:3, starttime: 11:01 |           |
|-------------------------------------------------------|-----------|-----------|-----------|---------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/6    Lane : 6    Athlete: VAN DE STEENE NELLE |           |           |           |                                       |           |           | Q-time: 02:49:69         |           |
| PB (25m pool): 02:49.69    Eeklo 06/04/2026           |           |           |           | 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                                                    |           | 00:38.06  |           | 01:21.85                              |           | no time   |                          | 02:49.69  |
|                                                       | 00:38.06  |           | 00:43.79  |                                       |           |           |                          |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# Herstmeeting LZV: Session: 1: COACH evaluation sheet for TEAM: DDZZ

|                                                       |         |         |                                       |         |       |         |                          |         |
|-------------------------------------------------------|---------|---------|---------------------------------------|---------|-------|---------|--------------------------|---------|
| Event number: 11: 200M MEDLEY WOMEN 11+               |         |         |                                       |         |       |         | Heat:2, starttime: 11:41 |         |
| Heat: 2/5    Lane : 1    Athlete: VAN LOOCKE LAURENCE |         |         |                                       |         |       |         | 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: 12: 200M MEDLEY MEN 11+              |          |          |                                     |         |       |         | Heat:3, starttime: 12:06 |          |
| Heat: 3/3    Lane : 6    Athlete: GRUNEWALD JASPER |          |          |                                     |         |       |         | Q-time: 02:55:26         |          |
| PB (25m pool): 02:55.26    Eeklo 06/04/2026        |          |          | PB (50m pool): 03:15.72 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                                                 |          | 00:37.95 |                                     | no time |       | no time |                          | 02:55.26 |
|                                                    | 00:37.95 |          |                                     |         |       |         |                          |          |
|                                                    | .....    | .....    | .....                               | .....   | ..... | .....   | .....                    | .....    |

Coach feedback: