

Herstmeeting LZV: Session: 1: COACH evaluation sheet for TEAM: DZO

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

Coaches: Boel Joke HEADCOACH

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 : 2 Athlete: HOFMAN ROSE							Q-time: 02:54:78	
PB (25m pool): 02:54.78 Aartselaar 01/11/2025							PB (50m pool): 02:50.43 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		00:41.75		01:26.40		no time		02:54.78
	00:41.75		00:44.65					
								

Coach feedback:

Event number: 3: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 09:12	
Heat: 2/2 Lane : 3 Athlete: SMET ALINE							Q-time: 02:52:45	
PB (25m pool): 03:06.50 Sint-Amandsberg 27/10/2024							PB (50m pool): 02:52.45 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		00:44.28		01:31.58		02:19.79		03:06.50
	00:44.28		00:47.30		00:48.21		00:46.71	
								

Coach feedback:

Event number: 3: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 09:12	
Heat: 2/2 Lane : 4 Athlete: VAN HAUWERMEIREN EMMA							Q-time: 02:53:28	
PB (25m pool): 02:53.28 Sint-Niklaas 28/12/2025							PB (50m pool): 02:57.27 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		00:40.58		01:24.11		no time		02:53.28
	00:40.58		00:43.53					
								

Coach feedback:

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Event number: 3: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 09:12	
Heat: 2/2 Lane : 5 Athlete: HOFMAN LILY							Q-time: 02:59:23	
PB (25m pool): 02:59.23 Sint-Niklaas 28/12/2025				PB (50m pool): 02:56.16SB: 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		00:42.39		01:27.57		no time		02:59.23
	00:42.39		00:45.18					
								

Coach feedback:

Event number: 4: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 09:17	
Heat: 1/1 Lane : 2 Athlete: CLEYNENS STAF							Q-time: 03:00:38	
PB (25m pool): no time			PB (50m pool): 03:00.38SB: 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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 4: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 09:17	
Heat: 1/1 Lane : 3 Athlete: HOFMAN OTIS							Q-time: 02:27:17	
PB (25m pool): 02:27.17 Lokeren 28/09/2025				PB (50m pool): 02:29.29SB: 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		00:34.33		01:11.17		01:49.13		02:27.17
	00:34.33		00:36.84		00:37.96		00:38.04	
								

Coach feedback:

Event number: 6: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 10:02	
Heat: 1/2 Lane : 4 Athlete: JANSSENS ANNELOE							Q-time: 03:44:56	
PB (25m pool): 03:44.56 Aartselaar 01/11/2025				PB (50m pool): 03:38.29SB: 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		00:52.74		01:51.69		no time		03:44.56
	00:52.74		00:58.95					
								

Coach feedback:

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Event number: 6: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 10:06	
Heat: 2/2 Lane : 6 Athlete: CEULEMANS AMINA							Q-time: 03:20:27	
PB (25m pool): 03:33.61 Sint-Amandsberg 19/10/2025				PB (50m pool): 03:20.27 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		00:48.19		01:42.63		02:38.90		03:33.61
	00:48.19		00:54.44		00:56.27		00:54.71	
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 10:58	
Heat: 2/6 Lane : 4 Athlete: VAN GEERT MARTHE							Q-time: 02:52:95	
PB (25m pool): 02:52.95 Dendermonde. 22/11/2025				PB (50m pool): 02:50.74SB: 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		00:39.15		01:23.27		no time		02:52.95
	00:39.15		00:44.12					
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 11:05	
Heat: 4/6 Lane : 2 Athlete: VANDEN BERGHE YANA							Q-time: 02:29:30	
PB (25m pool): 02:29.30 Dendermonde. 22/11/2025				PB (50m pool): 02:28.72SB: 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		00:34.76		01:13.66		no time		02:29.30
	00:34.76		00:38.90					
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 11:05	
Heat: 4/6 Lane : 5 Athlete: VAN BIESEN ELLA							Q-time: 02:32:98	
PB (25m pool): 02:32.98 Dendermonde. 22/11/2025				PB (50m pool): 02:33.35SB: 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		00:35.65		01:15.13		no time		02:32.98
	00:35.65		00:39.48					
								

Coach feedback:

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Event number: 10: 200M FREESTYLE MEN 11+							Heat:6, starttime: 11:31	
Heat: 6/7 Lane : 1 Athlete: VAN DEN ABBEELE TOON							Q-time: 02:14:57	
PB (25m pool): 02:14.57 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:19.75 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		00:30.70		01:05.08		01:40.84		02:14.57
	00:30.70		00:34.38		00:35.76		00:33.73	
								

Coach feedback: