

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

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

Coaches: De Waele Lente

Coaches: Kazimoto Barbara HEADCOACH

Coaches: Wielandt Pieter

PB => Personal Best time

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

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 09:28	
Heat: 2/6 Lane : 3 Athlete: WALGRAEVE AXELLE							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:3, starttime: 09:36	
Heat: 3/6 Lane : 1 Athlete: AKMAN REZZAN							Q-time: 06:46:22	
PB (25m pool): no time			PB (50m pool): 06:46.22 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:

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Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 09:36	
Heat: 3/6 Lane : 3 Athlete: BOON MARGOT							Q-time: 06:17:37	
PB (25m pool): 06:17.37 Zwembad De Motte 20/06/2026				PB (50m pool): 06:36.26SB: 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		01:28.98		no time		03:08.75
	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		06:17.37
								

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 09:44	
Heat: 4/6 Lane : 1 Athlete: VAN LOO HANNAH							Q-time: 06:05:89	
PB (25m pool): 06:05.89 Gent 23/02/2025				PB (50m pool): 06:43.61SB: 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		00:41.40		01:27.11		02:13.53		02:59.90
	00:41.40		00:45.71		00:46.42		00:46.37	
								
	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		03:46.79		04:33.55		05:20.59		06:05.89
	00:46.89		00:46.76		00:47.04		00:45.30	
								

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 09:44	
Heat: 4/6 Lane : 4 Athlete: VAN GHELUE RINSKE							Q-time: 05:20:93	
PB (25m pool): 05:20.93 Sint-Amandsberg 19/10/2025				PB (50m pool): 05:34.94SB: 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		00:35.39		01:14.92		01:56.30		02:36.71
	00:35.39		00:39.53		00:41.38		00:40.41	
								
	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		03:17.77		03:59.04		04:41.14		05:20.93
	00:41.06		00:41.27		00:42.10		00:39.79	
								

Coach feedback:

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Event number: 8: 400M FREESTYLE MEN 11+							Heat:1, starttime: 10:20	
Heat: 1/5 Lane : 4 Athlete: NEYRYNCK TIBO							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 05:04.80SB: 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 : 1 Athlete: MILLET NOAH							Q-time: 06:15:65	
PB (25m pool): 06:15.65 Zwembad De Motte 20/06/2026				PB (50m pool): 06:47.90SB: 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		01:29.69		no time		03:08.22
	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		06:15.65
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 11+							Heat:2, starttime: 10:28	
Heat: 2/5 Lane : 2 Athlete: TIMMERMANS THEO							Q-time: 05:49:85	
PB (25m pool): 05:49.85 Sint-Amandsberg 19/10/2025				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		00:38.54		01:22.97		02:07.95		02:51.45
	00:38.54		00:44.43		00:44.98		00:43.50	
								
	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		03:36.62		04:21.82		05:05.06		05:49.85
	00:45.17		00:45.20		00:43.24		00:44.79	
								

Coach feedback:

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Event number: 8: 400M FREESTYLE MEN 11+							Heat:2, starttime: 10:28	
Heat: 2/5 Lane : 3 Athlete: STEVENS GERBEN							Q-time: 05:46:78	
PB (25m pool): 05:46.78 Gent 23/02/2025				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		00:38.75		01:22.65		02:07.45		02:52.79
	00:38.75		00:43.90		00:44.80		00:45.34	
								
	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		03:35.42		04:19.00		05:04.65		05:46.78
	00:42.63		00:43.58		00:45.65		00:42.13	
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 11+							Heat:2, starttime: 10:28	
Heat: 2/5 Lane : 4 Athlete: DE VEERMAN ILAN							Q-time: 05:48:31	
PB (25m pool): 05:48.31 Zwembad De Motte 20/06/2026				PB (50m pool): 06:37.77 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		01:24.49		no time		02:53.78
	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		05:48.31
	...	...	...	...	...	...	...	...

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 11+							Heat:3, starttime: 10:36	
Heat: 3/5 Lane : 1 Athlete: MILLET LUCAS							Q-time: 05:35:60	
PB (25m pool): 05:35.60 Sint-Amandsberg 19/10/2025				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		00:35.36		01:16.09		01:59.21		02:43.15
	00:35.36		00:40.73		00:43.12		00:43.94	
	...	...	...	...	...	...	...	...
	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		03:27.31		04:11.08		04:54.05		05:35.60
	00:44.16		00:43.77		00:42.97		00:41.55	
	...	...	...	...	...	...	...	...

Coach feedback:

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

Event number: 8: 400M FREESTYLE MEN 11+							Heat:3, starttime: 10:36	
Heat: 3/5 Lane : 3 Athlete: HOSTE LARS							Q-time: 04:59:35	
PB (25m pool): 04:59.35 Sint-Amandsberg 19/10/2025				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		00:32.94		01:10.30		01:48.75		02:27.63
	00:32.94		00:37.36		00:38.45		00:38.88	
								
	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		03:05.94		03:44.33		04:22.07		04:59.35
	00:38.31		00:38.39		00:37.74		00:37.28	
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 11+							Heat:3, starttime: 10:36	
Heat: 3/5 Lane : 5 Athlete: VAN LOO MATHIAS							Q-time: 05:23:60	
PB (25m pool): 05:23.60 Sinbad 12/01/2025				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		01:18.06		no time		02:40.95
	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		05:23.60
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 11+							Heat:3, starttime: 10:36	
Heat: 3/5 Lane : 6 Athlete: MATAIGNE MICHEL							Q-time: 05:42:46	
PB (25m pool): 05:42.46 Zwembad De Motte 20/06/2026				PB (50m pool): 06:02.34 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		01:23.43		no time		02:51.27
	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		05:42.46
								

Coach feedback:

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Event number: 8: 400M FREESTYLE MEN 11+							Heat:4, starttime: 10:43	
Heat: 4/5 Lane : 3 Athlete: STEVENS JAAN							Q-time: 04:44:19	
PB (25m pool): 04:44.19 Sint-Amandsberg 19/10/2025				PB (50m pool): 05:06.72SB: 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		00:31.55		01:07.12		01:43.88		02:20.17
	00:31.55		00:35.57		00:36.76		00:36.29	
								
	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		02:56.66		03:32.93		04:09.75		04:44.19
	00:36.49		00:36.27		00:36.82		00:34.44	
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 11+							Heat:4, starttime: 10:43	
Heat: 4/5 Lane : 5 Athlete: BEERNAERT DAAN							Q-time: 04:53:81	
PB (25m pool): 04:53.81 Gent 23/02/2025				PB (50m pool): 04:55.24SB: 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		00:32.21		01:08.41		01:46.01		02:23.29
	00:32.21		00:36.20		00:37.60		00:37.28	
								
	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		03:00.32		03:38.96		04:16.94		04:53.81
	00:37.03		00:38.64		00:37.98		00:36.87	
								

Coach feedback: