

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

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

Coaches: Jacob Maarten

Coaches: Van Goethem Niels

PB => Personal Best time

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

Event number: 4: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 09:17	
Heat: 1/1 Lane : 5 Athlete: DE ROECK JOPPE							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: 7: 200M BREASTSTROKE MEN 11+							Heat:1, starttime: 10:11	
Heat: 1/2 Lane : 2 Athlete: LARHDIR NAËL							Q-time: 99:99:99	
PB (25m pool): 03:46.71 Temse 21/12/2025			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		00:51.07		01:49.10		02:48.30		03:46.71
	00:51.07		00:58.03		00:59.20		00:58.41	
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 11:01	
Heat: 3/6 Lane : 5 Athlete: SCHEERS JASMIJN							Q-time: 02:45:29	
PB (25m pool): 02:45.29 Dendermonde. 22/11/2025			PB (50m pool): 02:48.23 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		00:37.11		01:19.20		no time		02:45.29
	00:37.11		00:42.09					
								

Coach feedback:

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

Event number: 10: 200M FREESTYLE MEN 11+							Heat:4, starttime: 11:25	
Heat: 4/7 Lane : 1 Athlete: VAN OEVELEN NOAH							Q-time: 02:28:41	
PB (25m pool): 02:28.41 Dendermonde, 22/11/2025				PB (50m pool): 02:33.69SB: 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		00:35.22		01:13.07		no time		02:28.41
	00:35.22		00:37.85					
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:4, starttime: 11:25	
Heat: 4/7 Lane : 5 Athlete: LARHDIR RAYAN							Q-time: 02:27:12	
PB (25m pool): 02:27.12 Sint-Niklaas 28/12/2025				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		00:33.53		01:10.76		no time		02:27.12
	00:33.53		00:37.23					
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:5, starttime: 11:28	
Heat: 5/7 Lane : 5 Athlete: VAN DAELE GILLES							Q-time: 02:23:18	
PB (25m pool): 02:21.07 Sinbad 24/03/2024				PB (50m pool): 02:31.14SB: 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		no time		no time		no time		02:21.07
	no time							
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:6, starttime: 11:31	
Heat: 6/7 Lane : 3 Athlete: DE RYCK SEPPE							Q-time: 02:04:70	
PB (25m pool): 02:04.70 Sint-Niklaas 28/12/2025				PB (50m pool): 02:05.64SB: 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		00:29.28		01:01.03		no time		02:04.70
	00:29.28		00:31.75					
								

Coach feedback: