

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

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

Coaches: Van Mieghem Evelien HEADCOACH

Coaches: Felies Jürgen

PB => Personal Best time

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

Event number: 2: 200M BUTTERFLY MEN 11+

Heat:1, starttime: 09:04

Heat: 1/1 Lane : 3 Athlete: VAN ACHTER MAURO

Q-time: 02:51:92

PB (25m pool): 02:49.80 T ROSCO 20/10/2024

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		00:35.31		01:20.73		02:07.05		02:49.80
	00:35.31		00:45.42		00:46.32		00:42.75	
								

Coach feedback:

Event number: 3: 200M BACKSTROKE WOMEN 11+

Heat:1, starttime: 09:08

Heat: 1/2 Lane : 2 Athlete: DE WILDE JANNE

Q-time: 03:36:20

PB (25m pool): 03:36.20 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		00:50.76		01:47.10		no time		03:36.20
	00:50.76		00:56.34					
								

Coach feedback:

Event number: 3: 200M BACKSTROKE WOMEN 11+

Heat:1, starttime: 09:08

Heat: 1/2 Lane : 5 Athlete: LAMMENS YELISA

Q-time: 03:38:73

PB (25m pool): no time

PB (50m pool): 03:38.73 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:

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Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 09:21	
Heat: 1/6 Lane : 4 Athlete: JACOBS ELLA							Q-time: 99:99:99	
PB (25m pool): 04:57.08 Zottegem 24/11/2019				PB (50m pool): 05:04.26SB: 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		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		04:57.08
								

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 09:36	
Heat: 3/6 Lane : 2 Athlete: DE NIL KAAAT							Q-time: 06:40:47	
PB (25m pool): 06:40.47 Eeklo 06/04/2026				PB (50m pool): 06:53.93SB: 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		01:32.17		no time		03:16.15
	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		06:40.47
								

Coach feedback:

Event number: 7: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 10:15	
Heat: 2/2 Lane : 2 Athlete: YILDIZ AMMAR							Q-time: 03:45:30	
PB (25m pool): no time			PB (50m pool): 03:45.30SB: 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:

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Event number: 8: 400M FREESTYLE MEN 11+							Heat:2, starttime: 10:28	
Heat: 2/5 Lane : 5 Athlete: HEIJL RUBEN							Q-time: 05:53:70	
PB (25m pool): 05:53.70 Lokeren 28/09/2025				PB (50m pool): 06:02.25SB: 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		00:36.84		01:21.51		02:07.66		02:53.60
	00:36.84		00:44.67		00:46.15		00:45.94	
								
	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		03:39.43		04:26.25		05:10.94		05:53.70
	00:45.83		00:46.82		00:44.69		00:42.76	
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 11+							Heat:4, starttime: 10:43	
Heat: 4/5 Lane : 6 Athlete: VERHENNE TIM							Q-time: 04:57:60	
PB (25m pool): 04:57.60 Lokeren 28/09/2025				PB (50m pool): 04:44.90SB: 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		00:33.27		01:10.10		01:48.06		02:27.13
	00:33.27		00:36.83		00:37.96		00:39.07	
								
	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		03:06.19		03:44.44		04:22.88		04:57.60
	00:39.06		00:38.25		00:38.44		00:34.72	
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 10:54	
Heat: 1/6 Lane : 2 Athlete: PHILIPS NOé							Q-time: 03:13:03	
PB (25m pool): 03:13.03 Dendermonde. 22/11/2025				PB (50m pool): 02:58.42SB: 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		00:40.80		01:32.50		no time		03:13.03
	00:40.80		00:51.70					
								

Coach feedback:

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Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 10:58	
Heat: 2/6 Lane : 5 Athlete: VAN SLYCKEN LOUISE							Q-time: 02:54:45	
PB (25m pool): 02:54.45 Dendermonde. 22/11/2025				PB (50m pool): 02:48.36SB: 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		01:22.56		no time		02:54.45
	00:37.95		00:44.61					
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 10:58	
Heat: 2/6 Lane : 6 Athlete: VAN ACHTER JUNE							Q-time: 03:05:71	
PB (25m pool): 03:05.71 Dendermonde. 22/11/2025				PB (50m pool): 02:54.46SB: 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		00:44.09		01:31.38		no time		03:05.71
	00:44.09		00:47.29					
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 11:05	
Heat: 4/6 Lane : 1 Athlete: BOGAERT AMANI							Q-time: 02:34:23	
PB (25m pool): 02:34.23 TEMSE 23/11/2025				PB (50m pool): 02:32.86SB: 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		00:36.17		01:14.98		01:55.71		02:34.23
	00:36.17		00:38.81		00:40.73		00:38.52	
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:2, starttime: 11:18	
Heat: 2/7 Lane : 5 Athlete: GOOSSENS HENDRIK							Q-time: 03:14:70	
PB (25m pool): no time			PB (50m pool): 03:14.70SB: 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:

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Event number: 10: 200M FREESTYLE MEN 11+							Heat:3, starttime: 11:22	
Heat: 3/7 Lane : 3 Athlete: DE RYBEL ANTHONY							Q-time: 02:31:87	
PB (25m pool): 02:31.87 Dendermonde, 22/11/2025				PB (50m pool): 02:30.36 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		00:34.18		01:13.81		no time		02:31.87
	00:34.18		00:39.63					
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:6, starttime: 11:31	
Heat: 6/7 Lane : 5 Athlete: VAN LAERE JUUL							Q-time: 02:14:28	
PB (25m pool): 02:14.28 Eeklo 06/04/2026				PB (50m pool): 02:14.24SB: 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		00:29.99		01:04.73		no time		02:14.28
	00:29.99		00:34.74					
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:7, starttime: 11:34	
Heat: 7/7 Lane : 1 Athlete: GOOSSENS TORSTEN							Q-time: 02:03:93	
PB (25m pool): 02:03.93 Sinbad 26/12/2022				PB (50m pool): 02:04.46SB: 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		02:03.93
	no time							
								

Coach feedback:

Event number: 11: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 11:46	
Heat: 3/5 Lane : 1 Athlete: NEETESONNE LOTTE							Q-time: 03:40:01	
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:

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Event number: 11: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 11:46	
Heat: 3/5 Lane : 6 Athlete: BOGAERT TIRZA							Q-time: 03:53:52	
PB (25m pool): no time			PB (50m pool): 03:53.52 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: