

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

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

Coaches: Buyck Tine

Coaches: Vlamijnck Robin

Coaches: Lasoen Sam

Coaches: Vervynckt Nathalie HEADCOACH

PB => Personal Best time

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

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 09:50	
Heat: 5/6 Lane : 1 Athlete: BUYLE LAURE							Q-time: 05:09:05	
PB (25m pool): 05:09.05 Lokeren 28/09/2025				PB (50m pool): 05:16.59SB: 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		00:34.89		01:14.38		01:54.59		02:34.74
	00:34.89		00:39.49		00:40.21		00:40.15	
								
	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		03:14.67		03:53.00		04:31.55		05:09.05
	00:39.93		00:38.33		00:38.55		00:37.50	
								

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 09:50	
Heat: 5/6 Lane : 3 Athlete: LONCKE JUTTA							Q-time: 04:55:59	
PB (25m pool): 04:59.60 T ROSCO 12/10/2025				PB (50m pool): 04:55.59 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		00:34.55		01:11.93		01:50.30		02:29.31
	00:34.55		00:37.38		00:38.37		00:39.01	
								
	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		03:07.50		03:46.06		04:24.34		04:59.60
	00:38.19		00:38.56		00:38.28		00:35.26	
								

Coach feedback:

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

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 09:50	
Heat: 5/6 Lane : 4 Athlete: DE SMUL PAULINE							Q-time: 04:56:57	
PB (25m pool): 04:56.57 Lokeren 28/09/2025				PB (50m pool): 05:07.02SB: 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		00:33.99		01:11.03		01:48.32		02:25.84
	00:33.99		00:37.04		00:37.29		00:37.52	
								
	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		03:03.57		03:41.49		04:19.30		04:56.57
	00:37.73		00:37.92		00:37.81		00:37.27	
								

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 09:50	
Heat: 5/6 Lane : 6 Athlete: DE WULF ALEXINE							Q-time: 05:09:39	
PB (25m pool): 05:09.39 LAGO Zwevegem 25/05/2026				PB (50m pool): 05:22.35SB: 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		00:34.96		01:14.63		01:54.42		02:34.34
	00:34.96		00:39.67		00:39.79		00:39.92	
								
	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		03:13.74		03:52.81		04:31.83		05:09.39
	00:39.40		00:39.07		00:39.02		00:37.56	
								

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 09:56	
Heat: 6/6 Lane : 1 Athlete: BERKEIN ALESSIA							Q-time: 04:52:23	
PB (25m pool): 04:56.98 T ROSCO 12/10/2025				PB (50m pool): 04:52.23SB: 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		00:33.24		01:10.12		01:48.04		02:26.29
	00:33.24		00:36.88		00:37.92		00:38.25	
								
	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		03:04.20		03:42.65		04:20.92		04:56.98
	00:37.91		00:38.45		00:38.27		00:36.06	
								

Coach feedback:

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

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 09:56	
Heat: 6/6 Lane : 2 Athlete: DE MULDER CHLOë							Q-time: 04:42:30	
PB (25m pool): 04:41.87 T ROSCO 20/10/2024				PB (50m pool): 04:47.27 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		00:32.81		01:08.52		01:44.47		02:20.41
	00:32.81		00:35.71		00:35.95		00:35.94	
								
	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		02:56.50		03:32.51		04:07.85		04:41.87
	00:36.09		00:36.01		00:35.34		00:34.02	
								

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 09:56	
Heat: 6/6 Lane : 3 Athlete: VAN AVONDT LINA							Q-time: 04:26:40	
PB (25m pool): 04:26.40 Gent 09/11/2025				PB (50m pool): 04:30.63SB: 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		00:30.01		01:02.81		01:36.53		02:11.16
	00:30.01		00:32.80		00:33.72		00:34.63	
								
	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		02:45.08		03:19.27		03:53.26		04:26.40
	00:33.92		00:34.19		00:33.99		00:33.14	
								

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 09:56	
Heat: 6/6 Lane : 4 Athlete: RUTSAERT EMILY							Q-time: 04:40:43	
PB (25m pool): 04:40.86 T ROSCO 12/10/2025				PB (50m pool): 04:40.43SB: 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		00:31.46		01:06.93		01:43.20		02:19.49
	00:31.46		00:35.47		00:36.27		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		02:55.48		03:31.36		04:07.05		04:40.86
	00:35.99		00:35.88		00:35.69		00:33.81	
								

Coach feedback:

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

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 09:56	
Heat: 6/6 Lane : 5 Athlete: VLAMIJNCK LORE							Q-time: 04:49:62	
PB (25m pool): 04:49.37 Sinbad 23/07/2024				PB (50m pool): 04:59.32SB: 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		04:49.37
	...	...	...	...	...	...	...	...

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 09:56	
Heat: 6/6 Lane : 6 Athlete: DE GRAVE LIZE							Q-time: 04:54:65	
PB (25m pool): 04:54.65 Lokeren 28/09/2025				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		00:32.80		01:08.64		01:45.78		02:23.95
	00:32.80		00:35.84		00:37.14		00:38.17	
								
	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		03:01.78		03:39.92		04:17.83		04:54.65
	00:37.83		00:38.14		00:37.91		00:36.82	
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 11+							Heat:3, starttime: 10:36	
Heat: 3/5 Lane : 4 Athlete: DE BRUYNE BRIEK							Q-time: 05:00:59	
PB (25m pool): 05:00.59 Lokeren 28/09/2025				PB (50m pool): 05:06.67 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		00:33.14		01:09.84		01:47.51		02:26.17
	00:33.14		00:36.70		00:37.67		00:38.66	
								
	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		03:04.92		03:43.82		04:22.87		05:00.59
	00:38.75		00:38.90		00:39.05		00:37.72	
								

Coach feedback:

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

Event number: 8: 400M FREESTYLE MEN 11+							Heat:4, starttime: 10:43	
Heat: 4/5 Lane : 1 Athlete: DEGRANDE VIC							Q-time: 04:57:20	
PB (25m pool): 04:57.20 Lokeren 28/09/2025				PB (50m pool): 04:57.96SB: 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		00:33.02		01:09.81		01:47.50		02:25.72
	00:33.02		00:36.79		00:37.69		00:38.22	
								
	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		03:03.79		03:41.70		04:19.95		04:57.20
	00:38.07		00:37.91		00:38.25		00:37.25	
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 11+							Heat:4, starttime: 10:43	
Heat: 4/5 Lane : 2 Athlete: DE SMET KOBE							Q-time: 04:53:47	
PB (25m pool): 04:59.70 Lokeren 28/09/2025				PB (50m pool): 04:53.47 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		00:34.63		01:12.61		01:50.28		02:28.17
	00:34.63		00:37.98		00:37.67		00:37.89	
								
	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		03:06.63		03:45.14		04:23.84		04:59.70
	00:38.46		00:38.51		00:38.70		00:35.86	
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 11+							Heat:5, starttime: 10:48	
Heat: 5/5 Lane : 1 Athlete: VROMAN FINN							Q-time: 04:40:74	
PB (25m pool): 04:40.74 T ROSCO 12/10/2025				PB (50m pool): 04:42.42 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		00:31.71		01:06.79		01:42.56		02:18.63
	00:31.71		00:35.08		00:35.77		00:36.07	
								
	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		02:54.74		03:30.86		04:07.08		04:40.74
	00:36.11		00:36.12		00:36.22		00:33.66	
								

Coach feedback:

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

Event number: 8: 400M FREESTYLE MEN 11+							Heat:5, starttime: 10:48	
Heat: 5/5 Lane : 2 Athlete: VROMAN WOUT							Q-time: 04:16:92	
PB (25m pool): 04:16.92 T ROSCO 12/10/2025				PB (50m pool): 04:21.37 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		00:28.85		01:00.76		01:33.90		02:06.72
	00:28.85		00:31.91		00:33.14		00:32.82	
								
	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		02:39.92		03:12.84		03:45.96		04:16.92
	00:33.20		00:32.92		00:33.12		00:30.96	
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 11+							Heat:5, starttime: 10:48	
Heat: 5/5 Lane : 4 Athlete: DHOOGE LIAM							Q-time: 04:13:69	
PB (25m pool): 04:13.69 T ROSCO 12/10/2025				PB (50m pool): 04:21.36 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		00:28.64		01:00.35		01:33.15		02:06.10
	00:28.64		00:31.71		00:32.80		00:32.95	
								
	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		02:38.44		03:10.45		03:42.90		04:13.69
	00:32.34		00:32.01		00:32.45		00:30.79	
								

Coach feedback: