

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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Braem Jade

Coaches: Vandermeulen Eric

PB => Personal Best time

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

Event number: 3: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 09:08	
Heat: 1/2 Lane : 1 Athlete: BOURFA SALMA							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: 3: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 09:08	
Heat: 1/2 Lane : 3 Athlete: VAN DER GUCHT LOTTE							Q-time: 03:30:56	
PB (25m pool): no time			PB (50m pool): 03:30.56 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: 3: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 09:08	
Heat: 1/2 Lane : 4 Athlete: MARTENS WINNE							Q-time: 03:34:28	
PB (25m pool): no time			PB (50m pool): 03:34.28 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: 6: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 10:02	
Heat: 1/2 Lane : 5 Athlete: VERCAUTEREN LIENA							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: 9: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 10:54	
Heat: 1/6 Lane : 3 Athlete: SMET LIM							Q-time: 03:06:98	
PB (25m pool): 03:06.98 Sint-Niklaas 28/12/2025				PB (50m pool): 03:01.49SB: 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		00:41.50		01:29.87		no time		03:06.98
	00:41.50		00:48.37					
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 11:05	
Heat: 4/6 Lane : 3 Athlete: VAN HUL EMMA							Q-time: 02:27:87	
PB (25m pool): 02:27.87 Meulebeke 10/05/2026				PB (50m pool): 02:32.57 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		00:34.36		01:11.99		no time		02:27.87
	00:34.36		00:37.63					
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 11:08	
Heat: 5/6 Lane : 6 Athlete: PUNZO MICHELLE							Q-time: 02:26:96	
PB (25m pool): 02:26.96 Meulebeke 10/05/2026				PB (50m pool): 02:29.91 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		00:34.13		01:12.24		no time		02:26.96
	00:34.13		00:38.11					
								

Coach feedback:

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

Event number: 10: 200M FREESTYLE MEN 11+							Heat:2, starttime: 11:18	
Heat: 2/7 Lane : 4 Athlete: AMGHAR YOUNES							Q-time: 03:02:56	
PB (25m pool): 03:02.56 Dendermonde, 22/11/2025				PB (50m pool): 03:04.17 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		00:39.25		01:28.06		no time		03:02.56
	00:39.25		00:48.81					
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:3, starttime: 11:22	
Heat: 3/7 Lane : 1 Athlete: VERHAGEN MIEL							Q-time: 02:50:21	
PB (25m pool): 02:52.15 Sint-Niklaas 28/12/2025				PB (50m pool): 02:50.21SB: 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		00:36.59		01:21.16		no time		02:52.15
	00:36.59		00:44.57					
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:4, starttime: 11:25	
Heat: 4/7 Lane : 4 Athlete: MARTENS YWEIN							Q-time: 02:25:81	
PB (25m pool): 02:25.81 Sint-Niklaas 28/12/2025				PB (50m pool): 02:30.48SB: 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		00:33.82		01:10.79		no time		02:25.81
	00:33.82		00:36.97					
								

Coach feedback:

Event number: 11: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 11:50	
Heat: 4/5 Lane : 1 Athlete: DE HERT JANNE							Q-time: 03:19:14	
PB (25m pool): no time			PB (50m pool): 03:19.14SB: 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		no time
	no time							
								

Coach feedback:

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Event number: 12: 200M MEDLEY MEN 11+							Heat:2, starttime: 12:03	
Heat: 2/3 Lane : 1 Athlete: COGEN ALEX							Q-time: 03:02:97	
PB (25m pool): 03:02.97 Zwembad De Treffer 06/04/2026 PB (50m pool): 03:06.70 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		00:45.69		no time		no time		03:02.97
	00:45.69							
								

Coach feedback: