

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

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

Coaches: Vanderrijst Ananza

Coaches: De Ridder Elke HEADCOACH

Coaches: De Letter Gerard

PB => Personal Best time

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

Event number: 6: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 10:02	
Heat: 1/2 Lane : 3 Athlete: VANDERSCHAE GHE ELLA							Q-time: 03:20:46	
PB (25m pool): 03:20.46 Eeklo 19/04/2026				PB (50m pool): 03:31.85 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		00:44.52		01:35.71		no time		03:20.46
	00:44.52		00:51.19					
								

Coach feedback:

Event number: 6: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 10:06	
Heat: 2/2 Lane : 2 Athlete: DE WINTER LORE							Q-time: 03:08:88	
PB (25m pool): 03:08.88 Eeklo 19/04/2026				PB (50m pool): 03:20.78SB: 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		00:42.73		01:30.10		no time		03:08.88
	00:42.73		00:47.37					
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 11+							Heat:1, starttime: 10:20	
Heat: 1/5 Lane : 3 Athlete: VAN NEER LOWIEK							Q-time: 99:99:99	
PB (25m pool): 05:15.06 Aartselaar 01/11/2024				PB (50m pool): 05:09.86SB: 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		01:16.43		no time		02:35.75
	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		05:15.06
								

Coach feedback:

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Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 10:54	
Heat: 1/6 Lane : 5 Athlete: DE KEIJSER FIEBE							Q-time: 03:31:81	
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:2, starttime: 10:58	
Heat: 2/6 Lane : 1 Athlete: VAN PETEGHEM ALINE							Q-time: 03:03:32	
PB (25m pool): 03:03.32 Lokeren 28/09/2025			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		00:40.27		01:27.03		02:15.57		03:03.32
	00:40.27		00:46.76		00:48.54		00:47.75	
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 11:01	
Heat: 3/6 Lane : 2 Athlete: VAN GOETHEM LOTTE							Q-time: 02:43:89	
PB (25m pool): 02:43.89 Lokeren 28/09/2025				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		00:38.34		01:21.02		02:04.60		02:43.89
	00:38.34		00:42.68		00:43.58		00:39.29	
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:2, starttime: 11:18	
Heat: 2/7 Lane : 3 Athlete: VANDERSCHAE GHE DAAN							Q-time: 03:02:03	
PB (25m pool): 03:02.03 Dendermonde. 22/11/2025				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		00:42.15		01:29.53		no time		03:02.03
	00:42.15		00:47.38					
								

Coach feedback:

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

Event number: 10: 200M FREESTYLE MEN 11+							Heat:3, starttime: 11:22	
Heat: 3/7 Lane : 2 Athlete: HEYNZE OTIS							Q-time: 02:41:94	
PB (25m pool): 02:45.97 Dendermonde. 22/11/2025				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		00:38.20		01:22.20		no time		02:45.97
	00:38.20		00:44.00					
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:7, starttime: 11:34	
Heat: 7/7 Lane : 4 Athlete: BOCKSTAELE SHEAN							Q-time: 02:02:84	
PB (25m pool): 02:02.84 Nijlen 28/03/2026				PB (50m pool): 02:08.47 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		00:28.09		00:59.07		no time		02:02.84
	00:28.09		00:30.98					
								

Coach feedback:

Event number: 11: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 11:37	
Heat: 1/5 Lane : 4 Athlete: VAN PETEGHEM LAYLA							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 03:44.97 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: 11: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 11:50	
Heat: 4/5 Lane : 5 Athlete: DE LETTER LINDE							Q-time: 03:18:94	
PB (25m pool): 03:18.94 Sint-Niklaas 28/12/2025				PB (50m pool): 03:17.95 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		00:45.76		no time		no time		03:18.94
	00:45.76							
								

Coach feedback:

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

Event number: 11: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 11:54	
Heat: 5/5 Lane : 4 Athlete: TAELEMAN YADE							Q-time: 02:45:39	
PB (25m pool): 02:45.39 Dendermonde 22/11/2025							PB (50m pool): 02:49.86 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		00:34.66		no time		no time		02:45.39
	00:34.66							
								

Coach feedback:

Event number: 11: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 11:54	
Heat: 5/5 Lane : 6 Athlete: THIELEMANS MAXINE							Q-time: 03:05:61	
PB (25m pool): 03:05.61 Sint-Niklaas 28/12/2025							PB (50m pool): 03:07.75 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		00:44.43		no time		no time		03:05.61
	00:44.43							
								

Coach feedback:

Event number: 12: 200M MEDLEY MEN 11+							Heat:1, starttime: 11:58	
Heat: 1/3 Lane : 5 Athlete: HAECK RONE							Q-time: 99:99:99	
PB (25m pool): 03:15.67 Aartselaar 01/11/2024							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		00:47.18		no time		no time		03:15.67
	00:47.18							
								

Coach feedback: