

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

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

Coaches: Hanssens Yash

PB => Personal Best time

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

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 10:54	
Heat: 1/6 Lane : 4 Athlete: HERREGODTS INA							Q-time: 03:11:43	
PB (25m pool): no time			PB (50m pool): 03:11.43SB: 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 : 3 Athlete: GOEMINNE ELLEMIEKE							Q-time: 02:51:37	
PB (25m pool): no time			PB (50m pool): 02:51.37SB: 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:3, starttime: 11:01	
Heat: 3/6 Lane : 1 Athlete: LALOO FÉLINE							Q-time: 02:46:84	
PB (25m pool): 02:48.00 Eeklo 06/04/2026				PB (50m pool): 02:46.84SB: 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		00:38.77		01:22.36		no time		02:48.00
	00:38.77		00:43.59					
								

Coach feedback:

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

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 11:05	
Heat: 4/6 Lane : 4 Athlete: DERRE FLEUR							Q-time: 02:29:13	
PB (25m pool): 02:29.13 TEMSE 23/11/2025				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		00:34.35		01:12.82		01:51.74		02:29.13
	00:34.35		00:38.47		00:38.92		00:37.39	
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 11:08	
Heat: 5/6 Lane : 1 Athlete: SCHELFAUT NELL							Q-time: 02:22:29	
PB (25m pool): 02:22.15 T ROSCO 20/10/2024				PB (50m pool): 02:24.49SB: 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		00:32.98		01:09.61		01:46.79		02:22.15
	00:32.98		00:36.63		00:37.18		00:35.36	
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 11:08	
Heat: 5/6 Lane : 2 Athlete: DEBRABANDERE LEONIE							Q-time: 02:19:23	
PB (25m pool): 02:19.23 Sint-Niklaas 28/12/2025				PB (50m pool): 02:22.81SB: 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		00:31.91		01:07.90		no time		02:19.23
	00:31.91		00:35.99					
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 11:08	
Heat: 5/6 Lane : 3 Athlete: STESENS EMMA-LOUISE							Q-time: 02:17:74	
PB (25m pool): 02:17.74 TEMSE 23/11/2025				PB (50m pool): 02:20.13SB: 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		00:31.53		01:06.48		01:42.43		02:17.74
	00:31.53		00:34.95		00:35.95		00:35.31	
								

Coach feedback:

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

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 11:08	
Heat: 5/6 Lane : 5 Athlete: VAN BUNDER INEZ							Q-time: 02:21:78	
PB (25m pool): 02:21.78 Lokeren 28/09/2025				PB (50m pool): 02:22.14SB: 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		00:32.62		01:09.66		01:47.13		02:21.78
	00:32.62		00:37.04		00:37.47		00:34.65	
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 11:11	
Heat: 6/6 Lane : 1 Athlete: VERLUYTEN LENI							Q-time: 02:16:32	
PB (25m pool): 02:14.80 Diksmuide 17/11/2024				PB (50m pool): 02:18.24SB: 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		00:31.10		01:05.47		01:40.39		02:14.80
	00:31.10		00:34.37		00:34.92		00:34.41	
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 11:11	
Heat: 6/6 Lane : 2 Athlete: VERLUYTEN NIENE							Q-time: 02:15:28	
PB (25m pool): 02:15.28 Eeklo 06/04/2026				PB (50m pool): 02:19.53SB: 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		00:31.26		01:05.30		no time		02:15.28
	00:31.26		00:34.04					
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 11:11	
Heat: 6/6 Lane : 3 Athlete: GAUDAEN MAUD							Q-time: 02:13:70	
PB (25m pool): 02:13.70 TEMSE 23/11/2025				PB (50m pool): 02:15.44SB: 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		00:30.66		01:04.63		01:39.62		02:13.70
	00:30.66		00:33.97		00:34.99		00:34.08	
								

Coach feedback:

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

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 11:11	
Heat: 6/6 Lane : 4 Athlete: VAN BUNDER AMY							Q-time: 02:15:01	
PB (25m pool): 02:15.01 TEMSE 23/11/2025				PB (50m pool): 02:20.34SB: 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		00:30.58		01:04.45		01:39.92		02:15.01
	00:30.58		00:33.87		00:35.47		00:35.09	
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 11:11	
Heat: 6/6 Lane : 5 Athlete: MURAT IREM							Q-time: 02:15:55	
PB (25m pool): 02:15.55 TEMSE 23/11/2025				PB (50m pool): 02:18.68SB: 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		00:30.86		01:04.78		01:39.52		02:15.55
	00:30.86		00:33.92		00:34.74		00:36.03	
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 11:11	
Heat: 6/6 Lane : 6 Athlete: DE JONG SUZAN							Q-time: 02:16:96	
PB (25m pool): 02:17.18 TEMSE 23/11/2025				PB (50m pool): 02:16.96SB: 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		00:31.04		01:05.48		01:41.86		02:17.18
	00:31.04		00:34.44		00:36.38		00:35.32	
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:2, starttime: 11:18	
Heat: 2/7 Lane : 2 Athlete: EL BOUJADDAYNI YAHYA							Q-time: 03:06:77	
PB (25m pool): no time			PB (50m pool): 03:06.77 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:

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

Event number: 10: 200M FREESTYLE MEN 11+							Heat:3, starttime: 11:22	
Heat: 3/7 Lane : 5 Athlete: EVERAERT MATTHIEU							Q-time: 02:42:30	
PB (25m pool): 02:42.71 Eeklo 06/04/2026				PB (50m pool): 02:42.30SB: 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		00:37.61		01:19.26		no time		02:42.71
	00:37.61		00:41.65					
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:3, starttime: 11:22	
Heat: 3/7 Lane : 6 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN							Q-time: 02:57:47	
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: 10: 200M FREESTYLE MEN 11+							Heat:4, starttime: 11:25	
Heat: 4/7 Lane : 2 Athlete: AERENS JEF							Q-time: 02:26:10	
PB (25m pool): 02:26.10 TEMSE 23/11/2025				PB (50m pool): 02:30.77SB: 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		00:33.39		01:10.67		01:48.97		02:26.10
	00:33.39		00:37.28		00:38.30		00:37.13	
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:4, starttime: 11:25	
Heat: 4/7 Lane : 3 Athlete: RENDERS KLAAS							Q-time: 02:25:16	
PB (25m pool): 02:25.99 T ROSCO 12/10/2025				PB (50m pool): 02:25.16SB: 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		00:33.34		01:10.42		01:49.00		02:25.99
	00:33.34		00:37.08		00:38.58		00:36.99	
								

Coach feedback:

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

Event number: 10: 200M FREESTYLE MEN 11+							Heat:5, starttime: 11:28	
Heat: 5/7 Lane : 1 Athlete: KARER MALIK							Q-time: 02:23:70	
PB (25m pool): 02:24.68 TEMSE 23/11/2025				PB (50m pool): 02:23.70SB: 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		00:33.33		01:10.58		01:48.39		02:24.68
	00:33.33		00:37.25		00:37.81		00:36.29	
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:5, starttime: 11:28	
Heat: 5/7 Lane : 2 Athlete: EL BOUJADDAYNI DAOUD							Q-time: 02:20:10	
PB (25m pool): 02:20.66 TEMSE 23/11/2025				PB (50m pool): 02:20.10SB: 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		00:31.03		01:07.25		01:44.66		02:20.66
	00:31.03		00:36.22		00:37.41		00:36.00	
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:5, starttime: 11:28	
Heat: 5/7 Lane : 3 Athlete: BOEL LIAM							Q-time: 02:16:21	
PB (25m pool): 02:16.88 TEMSE 23/11/2025				PB (50m pool): 02:16.21SB: 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		00:30.75		01:05.79		01:41.71		02:16.88
	00:30.75		00:35.04		00:35.92		00:35.17	
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:5, starttime: 11:28	
Heat: 5/7 Lane : 4 Athlete: SCIACCA EMILIO							Q-time: 02:19:46	
PB (25m pool): 02:19.46 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:20.44SB: 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		00:32.31		01:07.75		01:43.91		02:19.46
	00:32.31		00:35.44		00:36.16		00:35.55	
								

Coach feedback:

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

Event number: 10: 200M FREESTYLE MEN 11+							Heat:6, starttime: 11:31	
Heat: 6/7 Lane : 2 Athlete: SCIACCA LEANDRO							Q-time: 02:09:08	
PB (25m pool): 02:09.08 TEMSE 23/11/2025				PB (50m pool): 02:19.14SB: 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		00:29.83		01:03.28		01:36.15		02:09.08
	00:29.83		00:33.45		00:32.87		00:32.93	
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:6, starttime: 11:31	
Heat: 6/7 Lane : 4 Athlete: SCHRAUWEN BJARNE							Q-time: 02:06:24	
PB (25m pool): 02:06.24 Temse 17/11/2025				PB (50m pool): 02:08.83SB: 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		00:28.75		01:00.46		01:33.05		02:06.24
	00:28.75		00:31.71		00:32.59		00:33.19	
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:7, starttime: 11:34	
Heat: 7/7 Lane : 2 Athlete: BOODTS GERBEN							Q-time: 02:03:50	
PB (25m pool): 02:03.88 Gent 23/02/2025				PB (50m pool): 02:03.50SB: 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		00:28.23		00:59.86		01:32.11		02:03.88
	00:28.23		00:31.63		00:32.25		00:31.77	
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:7, starttime: 11:34	
Heat: 7/7 Lane : 3 Athlete: MICHIELS SIBE							Q-time: 01:58:67	
PB (25m pool): 01:58.86 Sint-Amandsberg 19/10/2025				PB (50m pool): 01:58.67 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		00:26.99		00:57.51		01:28.53		01:58.86
	00:26.99		00:30.52		00:31.02		00:30.33	
								

Coach feedback:

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

Event number: 10: 200M FREESTYLE MEN 11+							Heat:7, starttime: 11:34	
Heat: 7/7 Lane : 5 Athlete: WAELPUT THOMAS							Q-time: 02:03:50	
PB (25m pool): 02:00.87 Hoogstraten 05/05/2024				PB (50m pool): 02:06.03SB: 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		02:00.87
	no time							
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:7, starttime: 11:34	
Heat: 7/7 Lane : 6 Athlete: DE JONG STAN							Q-time: 02:04:09	
PB (25m pool): 02:04.09 Eeklo 06/04/2026				PB (50m pool): 02:06.77 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		00:28.93		01:00.43		no time		02:04.09
	00:28.93		00:31.50					
								

Coach feedback: