

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

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

Coaches: Kindt Joachim HEADCOACH

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 : 6 Athlete: BADIDI CHAHD							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: 5: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 09:21	
Heat: 1/6 Lane : 2 Athlete: DUITSCHAEVER LOTTE							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 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		no time
								

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 09:21	
Heat: 1/6 Lane : 3 Athlete: VANDORPE AMBER							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 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		no time
								

Coach feedback:

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

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 09:36	
Heat: 3/6 Lane : 4 Athlete: VELLEMAN'S LORE							Q-time: 06:21:44	
PB (25m pool): no time			PB (50m pool): 06:21.44SB: 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		no time
								

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 09:36	
Heat: 3/6 Lane : 6 Athlete: VAN CALENBERGH LENA							Q-time: 07:09:52	
PB (25m pool): no time			PB (50m pool): 07:09.52 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		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		no time
								

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 09:44	
Heat: 4/6 Lane : 2 Athlete: HOEBEECK TINNE							Q-time: 05:21:57	
PB (25m pool): 05:21.57 Sinbad 22/07/2025				PB (50m pool): 05:23.29SB: 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		00:35.34		01:14.66		no time		02:36.73
	00:35.34		00:39.32					
								
	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		05:21.57
								

Coach feedback:

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

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 09:44	
Heat: 4/6 Lane : 5 Athlete: JACOB EMMA							Q-time: 05:41:78	
PB (25m pool): 06:05.07 Eeklo 21/04/2025				PB (50m pool): 05:41.78SB: 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		01:26.37		no time		03:01.80
	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		06:05.07
								

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 09:44	
Heat: 4/6 Lane : 6 Athlete: DENEFF ELLA							Q-time: 06:15:21	
PB (25m pool): no time			PB (50m pool): 06:15.21 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		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		no time
								

Coach feedback:

Event number: 6: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 10:02	
Heat: 1/2 Lane : 2 Athlete: VAN DE VELDE FEIJE							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:

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

Event number: 6: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 10:06	
Heat: 2/2 Lane : 3 Athlete: OSSELAER KATO							Q-time: 02:55:95	
PB (25m pool): 02:55.95 Sinbad 16/03/2025				PB (50m pool): 03:00.39SB: 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		00:39.54		01:23.41		no time		02:55.95
	00:39.54		00:43.87					
								

Coach feedback:

Event number: 7: 200M BREASTSTROKE MEN 11+							Heat:1, starttime: 10:11	
Heat: 1/2 Lane : 3 Athlete: DEBOLLE KYAN							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: 7: 200M BREASTSTROKE MEN 11+							Heat:1, starttime: 10:11	
Heat: 1/2 Lane : 4 Athlete: LKHAMRICHI MOHAMED-AMINE							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: 7: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 10:15	
Heat: 2/2 Lane : 1 Athlete: DEBOLLE LYAM							Q-time: 04:01:36	
PB (25m pool): no time			PB (50m pool): 04:01.36 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		no time		no time		no time		no time
	no time							
								

Coach feedback:

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

Event number: 7: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 10:15	
Heat: 2/2 Lane : 5 Athlete: KEPPENS RÉMI							Q-time: 03:57:67	
PB (25m pool): no time			PB (50m pool): 03:57.67 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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 11+							Heat:3, starttime: 10:36	
Heat: 3/5 Lane : 2 Athlete: CATRY GAETAN							Q-time: 05:06:72	
PB (25m pool): 05:02.49 Sinbad 01/10/2023				PB (50m pool): 05:06.72SB: 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		05:02.49
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:1, starttime: 11:14	
Heat: 1/7 Lane : 2 Athlete: DE COEN VIKTOR							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:

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

Event number: 10: 200M FREESTYLE MEN 11+							Heat:1, starttime: 11:14	
Heat: 1/7 Lane : 3 Athlete: CAUDRON NYLO							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: 10: 200M FREESTYLE MEN 11+							Heat:1, starttime: 11:14	
Heat: 1/7 Lane : 5 Athlete: HEYMAN JOSSE							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: 10: 200M FREESTYLE MEN 11+							Heat:2, starttime: 11:18	
Heat: 2/7 Lane : 6 Athlete: DEBOLLE YBEN							Q-time: 03:25:86	
PB (25m pool): no time			PB (50m pool): 03:25.86SB: 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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 11: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 11:37	
Heat: 1/5 Lane : 2 Athlete: VAN AUDENHOVE LAURE							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:

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

Event number: 11: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 11:46	
Heat: 3/5 Lane : 2 Athlete: VAN LAETHEM MILA							Q-time: 03:24:63	
PB (25m pool): no time			PB (50m pool): 03:24.63 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: 12: 200M MEDLEY MEN 11+							Heat:1, starttime: 11:58	
Heat: 1/3 Lane : 3 Athlete: VAN CALENBERGH NATHAN							Q-time: 03:26:07	
PB (25m pool): 03:26.07 Sinbad 16/03/2025			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		00:51.66		no time		no time		03:26.07
	00:51.66							
								

Coach feedback: