

Herstmeeting LZV: Session: 2: COACH evaluation sheet for TEAM: DDZZ

Coachinfo: Warming up from: 12:45 untill . Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Claeys Jack

PB => Personal Best time

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

Event number: 14: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 14:12
Heat: 4/4 Lane : 1 Athlete: WILLEMS INNE					Q-time: 01:19:57
PB (25m pool): 01:19.57 Durmehal 28/02/2026					PB (50m pool): 01:30.93 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.45		01:19.57	
	00:37.45		00:42.12		
					

Coach feedback:

Event number: 16: 50M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:26
Heat: 3/13 Lane : 6 Athlete: ONGENA CAMILLE					Q-time: 00:40:87
PB (25m pool): 00:40.87 Eeklo 21/09/2025					PB (50m pool): 00:40.20 SB: no time
	2 5 M	5 0 M			
PB		00:40.87			
	00:40.87				
					

Coach feedback:

Event number: 16: 50M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:30
Heat: 6/13 Lane : 2 Athlete: VAN DE STEENE NELLE					Q-time: 00:34:61
PB (25m pool): 00:34.61 Durmehal 28/02/2026					PB (50m pool): 00:38.08 SB: no time
	2 5 M	5 0 M			
PB		00:34.61			
	00:34.61				
					

Coach feedback:

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Event number: 16: 50M FREESTYLE WOMEN 11+			Heat:8, starttime: 14:32
Heat: 8/13 Lane : 3 Athlete: VAN LOOCKE LAURENCE			Q-time: 00:32:16
PB (25m pool): 00:32.16 Dendermonde 22/11/2025			PB (50m pool): 00:31.84 SB: no time
	2 5 M	5 0 M	
PB		00:32.16	
		00:32.16	
			

Coach feedback:

Event number: 16: 50M FREESTYLE WOMEN 11+			Heat:9, starttime: 14:33
Heat: 9/13 Lane : 5 Athlete: STEENBEKE LISSE			Q-time: 00:31:15
PB (25m pool): 00:31.15 Durmechal 28/02/2026			PB (50m pool): 00:31.85 SB: no time
	2 5 M	5 0 M	
PB		00:31.15	
		00:31.15	
			

Coach feedback:

Event number: 17: 50M FREESTYLE MEN 11+			Heat:1, starttime: 14:38
Heat: 1/11 Lane : 4 Athlete: DELBARRE ODIEL			Q-time: 00:43:60
PB (25m pool): 00:43.60 Durmechal 28/02/2026			PB (50m pool): 00:43.98 SB: no time
	2 5 M	5 0 M	
PB		00:43.60	
		00:43.60	
			

Coach feedback:

Event number: 17: 50M FREESTYLE MEN 11+			Heat:3, starttime: 14:41
Heat: 3/11 Lane : 3 Athlete: GRUNEWALD JASPER			Q-time: 00:33:78
PB (25m pool): 00:33.78 Lokeren 28/09/2025			PB (50m pool): 00:33.34 SB: no time
	2 5 M	5 0 M	
PB		00:33.78	
		00:33.78	
			

Coach feedback:

Herstmeeting LZV: Session: 2: COACH evaluation sheet for TEAM: DDZZ

Event number: 17: 50M FREESTYLE MEN 11+					Heat:5, starttime: 14:43	
Heat: 5/11 Lane : 3 Athlete: PLOEM TRISTAN					Q-time: 00:30:60	
PB (25m pool): 00:30.60 Dendermonde 22/11/2025					PB (50m pool): 00:32.91 SB: no time	
	2 5 M	5 0 M				
PB		00:30.60				
	00:30.60					
						

Coach feedback:

Event number: 17: 50M FREESTYLE MEN 11+					Heat:5, starttime: 14:43	
Heat: 5/11 Lane : 5 Athlete: ONGENA THIBAUT					Q-time: 00:31:16	
PB (25m pool): 00:31.16 Eeklo 21/09/2025					PB (50m pool): 00:31.05SB: no time	
	2 5 M	5 0 M				
PB		00:31.16				
	00:31.16					
						

Coach feedback:

Event number: 17: 50M FREESTYLE MEN 11+						Heat:9, starttime: 14:47	
Heat: 9/11 Lane : 1 Athlete: PLOEM AARON					Q-time: 00:27:85		
PB (25m pool): 00:27.85 Durmehal 28/02/2026						PB (50m pool): 00:28.67 SB: no time	
PB	2 5 M		5 0 M				
			00:27.85				
			00:27.85				
							

Coach feedback:

Event number: 18: 100M BACKSTROKE MIXED 10-9					Heat:2, starttime: 14:53	
Heat: 2/2 Lane : 1 Athlete: VAN DE VELDE ADELINE					Q-time: 01:52:92	
PB (25m pool): 01:43.44 BEERNEM 19/09/2026					PB (50m pool): no time SB: 01:43.44 BEERNEM 19/09/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:48.64		01:43.44		
	00:48.64		00:54.80			
						

Coach feedback:

Herstmeeting LZV: Session: 2: COACH evaluation sheet for TEAM: DDZZ

Event number: 21: 50M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 15:22
Heat: 1/7 Lane : 4 Athlete: ONGENA CAMILLE			Q-time: 00:52:90
PB (25m pool): 00:52.90 Eeklo 21/09/2025			PB (50m pool): 00:52.42 SB: no time
	2 5 M	5 0 M	
PB		00:52.90	
		00:52.90	
			

Coach feedback:

Event number: 21: 50M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 15:25
Heat: 3/7 Lane : 1 Athlete: DELBARRE JULIETTE			Q-time: 00:47:69
PB (25m pool): 00:47.69 Kapellen 02/11/2025			PB (50m pool): 00:46.77 SB: no time
	2 5 M	5 0 M	
PB		00:47.69	
		00:47.69	
			

Coach feedback:

Event number: 21: 50M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 15:26
Heat: 4/7 Lane : 1 Athlete: VAN LOOCKE LAURENCE			Q-time: 00:46:81
PB (25m pool): 00:46.81 Kapellen 02/11/2025			PB (50m pool): 00:44.71 SB: no time
	2 5 M	5 0 M	
PB		00:46.81	
		00:46.81	
			

Coach feedback:

Event number: 21: 50M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 15:27
Heat: 5/7 Lane : 2 Athlete: VAN DE STEENE NELLE			Q-time: 00:44:47
PB (25m pool): 00:44.47 Durmehal 28/02/2026			PB (50m pool): 00:45.68 SB: no time
	2 5 M	5 0 M	
PB		00:44.47	
		00:44.47	
			

Coach feedback:

Herstmeeting LZV: Session: 2: COACH evaluation sheet for TEAM: DDZZ

Event number: 21: 50M BREASTSTROKE WOMEN 11+				Heat:6, starttime: 15:29
Heat: 6/7 Lane : 1 Athlete: STEENBEKE LISSE				Q-time: 00:41:23
PB (25m pool): 00:41.23 Durmehal 28/02/2026				PB (50m pool): 00:43.67 SB: no time
	2 5 M	5 0 M		
PB		00:41.23		
	00:41.23			
				

Coach feedback:

Event number: 22: 50M BREASTSTROKE MEN 11+				Heat:4, starttime: 15:36
Heat: 4/5 Lane : 1 Athlete: ONGENA THIBAUT				Q-time: 00:41:19
PB (25m pool): 00:41.19 Eeklo 21/09/2025				PB (50m pool): 00:42.41 SB: no time
	2 5 M	5 0 M		
PB		00:41.19		
	00:41.19			
				

Coach feedback:

Event number: 22: 50M BREASTSTROKE MEN 11+				Heat:4, starttime: 15:36
Heat: 4/5 Lane : 4 Athlete: PLOEM AARON				Q-time: 00:37:47
PB (25m pool): 00:37.47 Eeklo 21/09/2025				PB (50m pool): 00:40.10 SB: no time
	2 5 M	5 0 M		
PB		00:37.47		
	00:37.47			
				

Coach feedback:

Event number: 23: 100M FREESTYLE MIXED 10-9					Heat:3, starttime: 15:43
Heat: 3/3 Lane : 6 Athlete: VAN DE VELDE ADELINE					Q-time: 01:37:82
PB (25m pool): 01:35.66 BEERNEM 19/09/2026					PB (50m pool): no time SB: 01:35.66 BEERNEM 19/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.58		01:35.66	
	00:44.58		00:51.08		
					

Coach feedback:

Herstmeeting LZV: Session: 2: COACH evaluation sheet for TEAM: DDZZ

Event number: 24: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:58
Heat: 2/4 Lane : 6 Athlete: ONGENA CAMILLE					Q-time: 01:50:49
PB (25m pool): 01:50.49 Eeklo 06/04/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.66		01:50.49	
	00:52.66		00:57.83		
					

Coach feedback:

Event number: 24: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 16:01
Heat: 3/4 Lane : 2 Athlete: DELBARRE JULIETTE					Q-time: 01:39:23
PB (25m pool): 01:39.23 Durmehal 28/02/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.95		01:39.23	
	00:46.95		00:52.28		
					

Coach feedback:

Event number: 25: 100M BREASTSTROKE MEN 11+					Heat:1, starttime: 16:05
Heat: 1/5 Lane : 2 Athlete: DELBARRE ODIEL					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	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 27: 50M BACKSTROKE MEN 11+					Heat:1, starttime: 16:25
Heat: 1/5 Lane : 2 Athlete: ONGENA THIBAUT					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): 00:37.14 SB: no time
	2 5 M	5 0 M			
PB		no time			
	no time				
					

Coach feedback:

Herstmeeting LZV: Session: 2: COACH evaluation sheet for TEAM: DDZZ

Event number: 27: 50M BACKSTROKE MEN 11+				Heat:3, starttime: 16:28
Heat: 3/5 Lane : 1 Athlete: GRUNEWALD JASPER				Q-time: 00:41:13
PB (25m pool): 00:41.13 Kapellen 02/11/2025				PB (50m pool): 00:41.06 SB: no time
	2 5 M	5 0 M		
PB		00:41.13		
	00:41.13			
				

Coach feedback:

Event number: 27: 50M BACKSTROKE MEN 11+				Heat:4, starttime: 16:29
Heat: 4/5 Lane : 6 Athlete: PLOEM TRISTAN				Q-time: 00:35:31
PB (25m pool): 00:35.31 Kapellen 02/11/2025				PB (50m pool): 00:39.64 SB: no time
	2 5 M	5 0 M		
PB		00:35.31		
	00:35.31			
				

Coach feedback:

Event number: 28: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 16:42
Heat: 6/8 Lane : 5 Athlete: VAN LOOCKE LAURENCE					Q-time: 01:12:52
PB (25m pool): 01:12.52 Eeklo 06/04/2026					PB (50m pool): 01:10.30 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.43		01:12.52	
	00:34.43		00:38.09		
					

Coach feedback:

Event number: 30: 50M BUTTERFLY WOMEN 11+				Heat:4, starttime: 17:06
Heat: 4/5 Lane : 4 Athlete: WILLEMS INNE				Q-time: 00:36:79
PB (25m pool): 00:36.76 BEERNEM 19/09/2026				PB (50m pool): 00:36.68 SB: 00:36.76 BEERNEM 19/09/2026
	2 5 M	5 0 M		
PB		00:36.76		
	00:36.76			
				

Coach feedback:

Herstmeeting LZV: Session: 2: COACH evaluation sheet for TEAM: DDZZ

Event number: 30: 50M BUTTERFLY WOMEN 11+				Heat:5, starttime: 17:07
Heat: 5/5 Lane : 1 Athlete: VANDEKERCKHOVE FRAN				Q-time: 00:34:22
PB (25m pool): 00:34.22 Dendermonde, 22/11/2025				PB (50m pool): 00:34.53 SB: no time
	2 5 M	5 0 M		
PB		00:34.22		
	00:34.22			
				

Coach feedback:

Event number: 31: 50M BUTTERFLY MEN 11+				Heat:4, starttime: 17:13
Heat: 4/4 Lane : 1 Athlete: PLOEM AARON				Q-time: 00:31:67
PB (25m pool): 00:31.67 Durmehal 28/02/2026				PB (50m pool): 00:32.48 SB: no time
	2 5 M	5 0 M		
PB		00:31.67		
	00:31.67			
				

Coach feedback:

Event number: 32: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 17:14
Heat: 1/8 Lane : 2 Athlete: VAN DE STEENE NELLE					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	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 32: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 17:14
Heat: 1/8 Lane : 5 Athlete: DELBARRE JULIETTE					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	
PB		no time		no time	
	no time				
					

Coach feedback:

Herstmeeting LZV: Session: 2: COACH evaluation sheet for TEAM: DDZZ

Event number: 32: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 17:21
Heat: 4/8 Lane : 2 Athlete: STEENBEKE LISSE					Q-time: 01:19:04
PB (25m pool): 01:19.04 TEMSE 30/03/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.08		01:19.04	
	00:37.08		00:41.96		
					

Coach feedback:

Event number: 32: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 17:25
Heat: 6/8 Lane : 5 Athlete: VANDEKERCKHOVE FRAN					Q-time: 01:13:49
PB (25m pool): 01:13.49 Temse 21/12/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.85		01:13.49	
	00:33.85		00:39.64		
					

Coach feedback:

Event number: 33: 100M MEDLEY MEN 11+					Heat:2, starttime: 17:32
Heat: 2/6 Lane : 1 Athlete: GRUNEWALD JASPER					Q-time: 01:26:17
PB (25m pool): 01:26.17 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	
PB		00:40.68		01:26.17	
	00:40.68		00:45.49		
					

Coach feedback:

Event number: 33: 100M MEDLEY MEN 11+					Heat:2, starttime: 17:32
Heat: 2/6 Lane : 2 Athlete: PLOEM TRISTAN					Q-time: 01:19:27
PB (25m pool): 01:19.27 Dendermonde 22/11/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:19.27	
	no time				
					

Coach feedback: