

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

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

Coaches: Boel Joke HEADCOACH

PB => Personal Best time

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

Event number: 14: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 14:10
Heat: 3/4 Lane : 2 Athlete: VAN HAUWERMEIREN EMMA					Q-time: 01:25:11
PB (25m pool): 01:25.11 Sinbad 05/10/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.09		01:25.11	
	00:39.09		00:46.02		
					

Coach feedback:

Event number: 15: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 14:19
Heat: 3/4 Lane : 4 Athlete: VAN DEN ABBEELE TOON					Q-time: 01:12:56
PB (25m pool): 01:12.56 Sint-Niklaas 28/12/2025					PB (50m pool): 01:14.14 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.33		01:12.56	
	00:33.33		00:39.23		
					

Coach feedback:

Event number: 16: 50M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:27
Heat: 4/13 Lane : 4 Athlete: JANSSENS ANNELOE					Q-time: 00:37:98
PB (25m pool): 00:38.05 Dendermonde 22/11/2025					PB (50m pool): 00:38.45 SB: no time
	2 5 M	5 0 M			
PB		00:38.05			
	00:38.05				
					

Coach feedback:

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Event number: 16: 50M FREESTYLE WOMEN 11+			Heat:5, starttime: 14:28
Heat: 5/13 Lane : 6 Athlete: CEULEMANS AMINA			Q-time: 00:37:79
PB (25m pool): 00:37.79 Dendermonde 22/11/2025			PB (50m pool): 00:34.87 SB: no time
	2 5 M	5 0 M	
PB		00:37.79	
		00:37.79	
			

Coach feedback:

Event number: 16: 50M FREESTYLE WOMEN 11+			Heat:7, starttime: 14:31
Heat: 7/13 Lane : 2 Athlete: VAN HAUWERMEIREN EMMA			Q-time: 00:33:38
PB (25m pool): 00:33.38 Lokeren 28/09/2025			PB (50m pool): 00:33.66 SB: no time
	2 5 M	5 0 M	
PB		00:33.38	
		00:33.38	
			

Coach feedback:

Event number: 16: 50M FREESTYLE WOMEN 11+			Heat:7, starttime: 14:31
Heat: 7/13 Lane : 4 Athlete: HOFMAN ROSE			Q-time: 00:33:20
PB (25m pool): 00:33.20 Dendermonde 22/11/2025			PB (50m pool): 00:32.15 SB: no time
	2 5 M	5 0 M	
PB		00:33.20	
		00:33.20	
			

Coach feedback:

Event number: 17: 50M FREESTYLE MEN 11+			Heat:9, starttime: 14:47
Heat: 9/11 Lane : 5 Athlete: VAN DEN ABBEELE TOON			Q-time: 00:27:67
PB (25m pool): 00:27.67 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:28.75 SB: no time
	2 5 M	5 0 M	
PB		00:27.67	
		00:27.67	
			

Coach feedback:

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Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 15:06
Heat: 5/6 Lane : 4 Athlete: VAN BIESEN ELLA					Q-time: 01:22:78
PB (25m pool): 01:22.78 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:25.23 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.96		01:22.78	
	00:40.96		00:41.82		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 15:06
Heat: 5/6 Lane : 5 Athlete: HOFMAN ROSE					Q-time: 01:24:22
PB (25m pool): 01:24.22 Lokeren 28/09/2025					PB (50m pool): 01:19.23 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.28		01:24.22	
	00:41.28		00:42.94		
					

Coach feedback:

Event number: 21: 50M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:23
Heat: 2/7 Lane : 3 Athlete: VAN GEERT MARTHE					Q-time: 00:48:28
PB (25m pool): 00:48.28 Sint-Amandsberg 19/10/2025					PB (50m pool): 00:47.90 SB: no time
	2 5 M	5 0 M			
PB		00:48.28			
	00:48.28				
					

Coach feedback:

Event number: 21: 50M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 15:27
Heat: 5/7 Lane : 1 Athlete: JANSSENS ANNELOE					Q-time: 00:45:01
PB (25m pool): 00:45.01 Herentals 09/05/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M			
PB		00:45.01			
	00:45.01				
					

Coach feedback:

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Event number: 21: 50M BREASTSTROKE WOMEN 11+				Heat:7, starttime: 15:30
Heat: 7/7 Lane : 1 Athlete: VANDEN BERGHE YANA				Q-time: 00:38:08
PB (25m pool): 00:38.08 Sinbad 05/10/2025				PB (50m pool): 00:38.14 SB: no time
	2 5 M	5 0 M		
PB		00:38.08		
	00:38.08			
				

Coach feedback:

Event number: 22: 50M BREASTSTROKE MEN 11+				Heat:3, starttime: 15:35
Heat: 3/5 Lane : 5 Athlete: CLEYNENS STAF				Q-time: 00:50:13
PB (25m pool): 00:50.13 Herentals 09/05/2026				PB (50m pool): 00:50.87 SB: no time
	2 5 M	5 0 M		
PB		00:50.13		
	00:50.13			
				

Coach feedback:

Event number: 24: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 16:01
Heat: 3/4 Lane : 4 Athlete: CEULEMANS AMINA					Q-time: 01:36:20
PB (25m pool): 01:36.20 Sint-Niklaas 28/12/2025					PB (50m pool): 01:31.95 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.76		01:36.20	
	00:45.76		00:50.44		
					

Coach feedback:

Event number: 26: 50M BACKSTROKE WOMEN 11+				Heat:4, starttime: 16:22
Heat: 4/5 Lane : 1 Athlete: HOFMAN LILY				Q-time: 00:40:05
PB (25m pool): 00:40.05 Dendermonde. 22/11/2025				PB (50m pool): 00:38.74 SB: no time
	2 5 M	5 0 M		
PB		00:40.05		
	00:40.05			
				

Coach feedback:

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Event number: 26: 50M BACKSTROKE WOMEN 11+				Heat:4, starttime: 16:22
Heat: 4/5 Lane : 2 Athlete: SMET ALINE				Q-time: 00:37:62
PB (25m pool): 00:37.62 Dendermonde, 22/11/2025				PB (50m pool): 00:37.36 SB: no time
	2 5 M	5 0 M		
PB		00:37.62		
	00:37.62			
				

Coach feedback:

Event number: 27: 50M BACKSTROKE MEN 11+				Heat:4, starttime: 16:29
Heat: 4/5 Lane : 2 Athlete: HOFMAN OTIS				Q-time: 00:32:95
PB (25m pool): 00:33.09 Sint-Amandsberg 27/10/2024				PB (50m pool): 00:32.12 SB: no time
	2 5 M	5 0 M		
PB		00:33.09		
	00:33.09			
				

Coach feedback:

Event number: 28: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 16:39
Heat: 4/8 Lane : 5 Athlete: VAN GEERT MARTHE					Q-time: 01:21:02
PB (25m pool): 01:21.02 Dendermonde 22/11/2025					PB (50m pool): 01:20.33 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.43		01:21.02	
	00:39.43		00:41.59		
					

Coach feedback:

Event number: 28: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 16:41
Heat: 5/8 Lane : 1 Athlete: HOFMAN LILY					Q-time: 01:15:32
PB (25m pool): 01:15.32 Lokeren 28/09/2025					PB (50m pool): 01:13.30 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.67		01:15.32	
	00:35.67		00:39.65		
					

Coach feedback:

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Event number: 28: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 16:44
Heat: 7/8 Lane : 1 Athlete: SMET ALINE					Q-time: 01:09:91
PB (25m pool): 01:09.91 Lokeren 28/09/2025					PB (50m pool): 01:09.17 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.72		01:09.91	
	00:33.72		00:36.19		
					

Coach feedback:

Event number: 28: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 16:44
Heat: 7/8 Lane : 4 Athlete: VANDEN BERGHE YANA					Q-time: 01:07:06
PB (25m pool): 01:07.06 Herentals 09/05/2026					PB (50m pool): 01:09.50 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.55		01:07.06	
	00:32.55		00:34.51		
					

Coach feedback:

Event number: 29: 100M FREESTYLE MEN 11+					Heat:3, starttime: 16:52
Heat: 3/8 Lane : 4 Athlete: CLEYNENS STAF					Q-time: 01:16:38
PB (25m pool): 01:16.38 Herentals 09/05/2026					PB (50m pool): 01:16.39 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.34		01:16.38	
	00:37.34		00:39.04		
					

Coach feedback:

Event number: 29: 100M FREESTYLE MEN 11+					Heat:6, starttime: 16:57
Heat: 6/8 Lane : 5 Athlete: HOFMAN OTIS					Q-time: 01:03:29
PB (25m pool): 01:03.29 Dendermonde 22/11/2025					PB (50m pool): 01:02.62 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.31		01:03.29	
	00:30.31		00:32.98		
					

Coach feedback:

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

Event number: 30: 50M BUTTERFLY WOMEN 11+				Heat:4, starttime: 17:06
Heat: 4/5 Lane : 3 Athlete: VAN BIESEN ELLA				Q-time: 00:36:54
PB (25m pool): 00:36.54 Sinbad 22/07/2025				PB (50m pool): 00:36.42 SB: no time
	2 5 M	5 0 M		
PB		00:36.54		
	00:36.54			
				

Coach feedback:

Event number: 32: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 17:17
Heat: 2/8 Lane : 1 Athlete: JANSSENS ANNELOE					Q-time: 01:41:71
PB (25m pool): 01:41.71 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		01:41.71	
	no time				
					

Coach feedback:

Event number: 34: 4x50M FREESTYLE MIXED							Heat:2, starttime: 17:55
Heat: 2/3 Lane : 3 Athlete: TEAM DZO 1							Q-time: 01:59:21
PB (25m pool):			PB (50m pool):		SB:		
	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							
							

Coach feedback: