

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

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

Coaches: Jacob Maarten

Coaches: Van Goethem Niels

PB => Personal Best time

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

Event number: 14: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 14:08
Heat: 2/4 Lane : 1 Athlete: SCHEERS JASMIJN					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: 14: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 14:12
Heat: 4/4 Lane : 2 Athlete: HOTTINGER NYAH					Q-time: 01:14:94
PB (25m pool): 01:14.94 Sinbad 05/10/2025 PB (50m pool): 01:15.74 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.29		01:14.94	
	00:34.29 00:40.65				
					

Coach feedback:

Event number: 14: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 14:12
Heat: 4/4 Lane : 6 Athlete: VEREECKEN LARA					Q-time: 01:19:60
PB (25m pool): 01:19.60 Sinbad 05/10/2025 PB (50m pool): 01:24.78 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.60		01:19.60	
	00:36.60 00:43.00				
					

Coach feedback:

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

Event number: 15: 100M BUTTERFLY MEN 11+				Heat:4, starttime: 14:21	
Heat: 4/4 Lane : 4 Athlete: DE RYCK SEPPE				Q-time: 01:01:58	
PB (25m pool): 01:03.78 Aartselaar 01/11/2025				PB (50m pool): 01:01.58 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.17		01:03.78	
	00:30.17		00:33.61		
					

Coach feedback:

Event number: 16: 50M FREESTYLE WOMEN 11+				Heat:1, starttime: 14:23	
Heat: 1/13 Lane : 3 Athlete: DE SCHEPPER NINA				Q-time: 99:99:99	
PB (25m pool): 00:37.59 Sinbad 26/05/2024				PB (50m pool): no time SB: no time	
	2 5 M	5 0 M			
PB		00:37.59			
	00:37.59				
					

Coach feedback:

Event number: 17: 50M FREESTYLE MEN 11+				Heat:1, starttime: 14:38	
Heat: 1/11 Lane : 5 Athlete: LARHDIR NAËL				Q-time: 99:99:99	
PB (25m pool): 00:37.67 Dendermonde 22/11/2025				PB (50m pool): no time SB: no time	
	2 5 M	5 0 M			
PB		00:37.67			
	00:37.67				
					

Coach feedback:

Event number: 17: 50M FREESTYLE MEN 11+				Heat:7, starttime: 14:45	
Heat: 7/11 Lane : 4 Athlete: VAN DAELE GILLES				Q-time: 00:29:00	
PB (25m pool): 00:29.00 Lokeren 28/09/2025				PB (50m pool): 00:29.51 SB: no time	
	2 5 M	5 0 M			
PB		00:29.00			
	00:29.00				
					

Coach feedback:

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

Event number: 17: 50M FREESTYLE MEN 11+				Heat:8, starttime: 14:46
Heat: 8/11 Lane : 4 Athlete: VAN OEVELEN NOAH				Q-time: 00:28:28
PB (25m pool): 00:28.28 Durmehal 28/02/2026				PB (50m pool): 00:28.99 SB: no time
	2 5 M	5 0 M		
PB		00:28.28		
	00:28.28			
				

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 14:56
Heat: 1/6 Lane : 2 Athlete: DE SCHEPPER ZARA					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: 20: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 15:10
Heat: 1/5 Lane : 2 Athlete: DE ROECK JOPPE					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: 20: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 15:20
Heat: 5/5 Lane : 2 Athlete: DE RYCK SEPPE					Q-time: 01:03:78
PB (25m pool): 01:03.78 Temse 31/05/2026					PB (50m pool): 01:06.58 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.06		01:03.78	
	00:31.06		00:32.72		
					

Coach feedback:

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

Event number: 21: 50M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 15:26
Heat: 4/7 Lane : 5 Athlete: SCHEERS JASMIJN			Q-time: 00:46:47
PB (25m pool): 00:48.02 Sinbad 05/10/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:48.02	
		00:48.02	
			

Coach feedback:

Event number: 21: 50M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 15:29
Heat: 6/7 Lane : 2 Athlete: VEREECKEN LARA			Q-time: 00:40:49
PB (25m pool): 00:40.49 Sinbad 05/10/2025			PB (50m pool): 00:41.86 SB: no time
	2 5 M	5 0 M	
PB		00:40.49	
		00:40.49	
			

Coach feedback:

Event number: 22: 50M BREASTSTROKE MEN 11+			Heat:1, starttime: 15:31
Heat: 1/5 Lane : 3 Athlete: LARHDIR NAël			Q-time: 99:99:99
PB (25m pool): 00:49.14 Sinbad 05/10/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:49.14	
		00:49.14	
			

Coach feedback:

Event number: 22: 50M BREASTSTROKE MEN 11+			Heat:5, starttime: 15:37
Heat: 5/5 Lane : 6 Athlete: LARHDIR RAYAN			Q-time: 00:35:88
PB (25m pool): 00:36.17 Sinbad 05/10/2025			PB (50m pool): 00:35.88 SB: no time
	2 5 M	5 0 M	
PB		00:36.17	
		00:36.17	
			

Coach feedback:

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

Event number: 24: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:58
Heat: 2/4 Lane : 3 Athlete: DE SCHEPPER NINA					Q-time: 01:43:67
PB (25m pool): 01:43.67 Lokeren 05/04/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.25		01:43.67	
	00:50.25		00:53.42		
					

Coach feedback:

Event number: 25: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 16:13
Heat: 4/5 Lane : 4 Athlete: LARHDIR RAYAN					Q-time: 01:19:22
PB (25m pool): 01:19.22 Sint-Niklaas 28/12/2025					PB (50m pool): 01:20.78 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.20		01:19.22	
	00:37.20		00:42.02		
					

Coach feedback:

Event number: 26: 50M BACKSTROKE WOMEN 11+					Heat:2, starttime: 16:19
Heat: 2/5 Lane : 4 Athlete: DE SCHEPPER ZARA					Q-time: 00:43:43
PB (25m pool): 00:43.43 Durmeval 28/02/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M			
PB		00:43.43			
	00:43.43				
					

Coach feedback:

Event number: 26: 50M BACKSTROKE WOMEN 11+					Heat:3, starttime: 16:20
Heat: 3/5 Lane : 3 Athlete: VEREECKEN LARA					Q-time: 00:40:80
PB (25m pool): 00:40.80 Gent 23/02/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M			
PB		00:40.80			
	00:40.80				
					

Coach feedback:

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

Event number: 26: 50M BACKSTROKE WOMEN 11+				Heat:4, starttime: 16:22
Heat: 4/5 Lane : 3 Athlete: HOTTINGER NYAH				Q-time: 00:36:18
PB (25m pool): 00:36.89 T ROSCO 20/10/2024				PB (50m pool): 00:36.18 SB: no time
	2 5 M	5 0 M		
PB		00:36.89		
	00:36.89			
				

Coach feedback:

Event number: 27: 50M BACKSTROKE MEN 11+				Heat:3, starttime: 16:28
Heat: 3/5 Lane : 6 Athlete: DE ROECK JOPPE				Q-time: 00:41:36
PB (25m pool): 00:41.36 Dendermonde. 22/11/2025				PB (50m pool): no time SB: no time
	2 5 M	5 0 M		
PB		00:41.36		
	00:41.36			
				

Coach feedback:

Event number: 29: 100M FREESTYLE MEN 11+					Heat:1, starttime: 16:48
Heat: 1/8 Lane : 4 Athlete: LARHDIR NAël					Q-time: 99:99:99
PB (25m pool): 01:24.66 Aartselaar 01/11/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.06		01:24.66	
	00:40.06		00:44.60		
					

Coach feedback:

Event number: 29: 100M FREESTYLE MEN 11+					Heat:5, starttime: 16:56
Heat: 5/8 Lane : 4 Athlete: LARHDIR RAYAN					Q-time: 01:05:87
PB (25m pool): 01:05.87 Aartselaar 01/11/2025					PB (50m pool): 01:06.01 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.15		01:05.87	
	00:31.15		00:34.72		
					

Coach feedback:

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

Event number: 29: 100M FREESTYLE MEN 11+					Heat:6, starttime: 16:57
Heat: 6/8 Lane : 1 Athlete: VAN DAELE GILLES					Q-time: 01:04:25
PB (25m pool): 01:03.70 Temse 18/02/2024					PB (50m pool): 01:06.14 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:03.70	
	no time				
					

Coach feedback:

Event number: 29: 100M FREESTYLE MEN 11+					Heat:7, starttime: 16:59
Heat: 7/8 Lane : 1 Athlete: VAN OEVELEN NOAH					Q-time: 01:01:29
PB (25m pool): 01:01.29 Temse 31/05/2026					PB (50m pool): 01:04.83 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.50		01:01.29	
	00:29.50 00:31.79				
					

Coach feedback:

Event number: 30: 50M BUTTERFLY WOMEN 11+					Heat:1, starttime: 17:02
Heat: 1/5 Lane : 4 Athlete: DE SCHEPPER ZARA					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M			
PB		no time			
	no time				
					

Coach feedback:

Event number: 30: 50M BUTTERFLY WOMEN 11+					Heat:2, starttime: 17:04
Heat: 2/5 Lane : 5 Athlete: DE SCHEPPER NINA					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time 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: GBZ

Event number: 31: 50M BUTTERFLY MEN 11+				Heat:4, starttime: 17:13
Heat: 4/4 Lane : 4 Athlete: DE RYCK SEPPE				Q-time: 00:28:54
PB (25m pool): 00:30.22 Gent 23/02/2025				PB (50m pool): 00:28.54 SB: no time
	2 5 M	5 0 M		
PB		00:30.22		
	00:30.22			
				

Coach feedback:

Event number: 31: 50M BUTTERFLY MEN 11+				Heat:4, starttime: 17:13
Heat: 4/4 Lane : 5 Athlete: VAN DAELE GILLES				Q-time: 00:31:53
PB (25m pool): 00:31.53 Dendermonde. 22/11/2025				PB (50m pool): 00:31.18 SB: no time
	2 5 M	5 0 M		
PB		00:31.53		
	00:31.53			
				

Coach feedback:

Event number: 32: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 17:26
Heat: 7/8 Lane : 5 Athlete: HOTTINGER NYAH					Q-time: 01:12:00
PB (25m pool): 01:12.00 Zottegem 01/03/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:12.00	
	no time				
					

Coach feedback:

Event number: 33: 100M MEDLEY MEN 11+					Heat:2, starttime: 17:32
Heat: 2/6 Lane : 4 Athlete: VAN OEVELEN NOAH					Q-time: 01:18:68
PB (25m pool): 01:18.68 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		00:38.32		01:18.68	
	00:38.32		00:40.36		
					

Coach feedback:

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

Event number: 34: 4x50M FREESTYLE MIXED							Heat:1, starttime: 17:52	
Heat: 1/3 Lane : 6 Athlete: TEAM GBZ 1							Q-time: 99:99:99	
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: