

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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Braem Jade

Coaches: Vandermeulen Eric

PB => Personal Best time

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

Event number: 13: 100M BREASTSTROKE MIXED 10-9					Heat:2, starttime: 14:03
Heat: 2/2 Lane : 4 Athlete: COLE DEMEYERE CARA					Q-time: 01:46:96
PB (25m pool): 01:46.96 Zwembad De Treffer 06/04/2026 PB (50m pool): 01:53.30 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.15		01:46.96	
	00:50.15		00:56.81		
					

Coach feedback:

Event number: 14: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 14:08
Heat: 2/4 Lane : 6 Athlete: DE HERT JANNE					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:3, starttime: 14:10
Heat: 3/4 Lane : 1 Athlete: VAN HUL EMMA					Q-time: 01:28:39
PB (25m pool): 01:28.39 TEMSE 18/05/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.15		01:28.39	
	00:40.15		00:48.24		
					

Coach feedback:

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

Event number: 14: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 14:12
Heat: 4/4 Lane : 5 Athlete: PUNZO MICHELLE					Q-time: 01:17:56
PB (25m pool): 01:17.56 Sint-Niklaas 11/01/2026					PB (50m pool): 01:18.62 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.95		01:17.56	
	00:35.95		00:41.61		
					

Coach feedback:

Event number: 16: 50M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:23
Heat: 1/13 Lane : 2 Athlete: VERCAUTEREN LIENA					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: 18: 100M BACKSTROKE MIXED 10-9					Heat:1, starttime: 14:50
Heat: 1/2 Lane : 4 Athlete: MADHI MAHER					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: 18: 100M BACKSTROKE MIXED 10-9					Heat:2, starttime: 14:53
Heat: 2/2 Lane : 3 Athlete: LAVA ROBYN					Q-time: 01:35:95
PB (25m pool): 01:35.95 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		00:46.94		01:35.95	
	00:46.94		00:49.01		
					

Coach feedback:

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

Event number: 18: 100M BACKSTROKE MIXED 10-9					Heat:2, starttime: 14:53
Heat: 2/2 Lane : 5 Athlete: COLE DEMEYERE CARA					Q-time: 01:48:48
PB (25m pool): 01:48.48 Sint-Niklaas 28/12/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.87		01:48.48	
	00:52.87		00:55.61		
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 14:59
Heat: 2/6 Lane : 3 Athlete: SMET LIM					Q-time: 01:38:86
PB (25m pool): no time PB (50m pool): 01:38.86 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: 19: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:01
Heat: 3/6 Lane : 6 Athlete: VAN DER GUCHT LOTTE					Q-time: 01:38:54
PB (25m pool): 01:38.54 Zwembad De Treffer 06/04/2026 PB (50m pool): 01:44.84 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.72		01:38.54	
	00:48.72		00:49.82		
					

Coach feedback:

Event number: 20: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 15:13
Heat: 2/5 Lane : 5 Athlete: AMGHAR YOUNES					Q-time: 01:36:36
PB (25m pool): 01:36.36 Durmehal 28/02/2026 PB (50m pool): 01:39.71 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.26		01:36.36	
	00:47.26		00:49.10		
					

Coach feedback:

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

Event number: 20: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 15:15
Heat: 3/5 Lane : 6 Athlete: COGEN ALEX					Q-time: 01:24:00
PB (25m pool): 01:24.00 Temse 31/05/2026					PB (50m pool): 01:33.25 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.33		01:24.00	
	00:41.33		00:42.67		
					

Coach feedback:

Event number: 21: 50M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:22
Heat: 1/7 Lane : 5 Athlete: MARTENS WINNE					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: 21: 50M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:23
Heat: 2/7 Lane : 6 Athlete: BOURFA SALMA					Q-time: 00:51:65
PB (25m pool): no time					PB (50m pool): 00:51.65 SB: no time
	2 5 M	5 0 M			
PB		no time			
	no time				
					

Coach feedback:

Event number: 21: 50M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 15:27
Heat: 5/7 Lane : 3 Athlete: VAN HUL EMMA					Q-time: 00:42:74
PB (25m pool): 00:42.74 Sinbad 05/10/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M			
PB		00:42.74			
	00:42.74				
					

Coach feedback:

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

Event number: 23: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 15:39
Heat: 1/3 Lane : 3 Athlete: MADHI MAHER					Q-time: 99:99:99
PB (25m pool): 01:25.92 Zwembad De Treffer 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		00:38.97		01:25.92	
	00:38.97		00:46.95		
					

Coach feedback:

Event number: 23: 100M FREESTYLE MIXED 10-9					Heat:3, starttime: 15:43
Heat: 3/3 Lane : 2 Athlete: LAVA ROBYN					Q-time: 01:28:10
PB (25m pool): 01:28.10 Durmehal 28/02/2026 PB (50m pool): 01:27.72 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.99		01:28.10	
	00:41.99		00:46.11		
					

Coach feedback:

Event number: 24: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:56
Heat: 1/4 Lane : 1 Athlete: POYA SANAH					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: 24: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:58
Heat: 2/4 Lane : 2 Athlete: VERCAUTEREN LIENA					Q-time: 01:46:85
PB (25m pool): 01:46.85 Sint-Niklaas 11/01/2026 PB (50m pool): 01:46.88 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.60		01:46.85	
	00:50.60		00:56.25		
					

Coach feedback:

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

Event number: 24: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 16:01
Heat: 3/4 Lane : 5 Athlete: DE HERT JANNE					Q-time: 01:40:16
PB (25m pool): 01:40.16 Temse 31/05/2026			PB (50m pool): 01:47.31 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.91		01:40.16	
	00:47.91		00:52.25		
					

Coach feedback:

Event number: 25: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 16:08
Heat: 2/5 Lane : 3 Athlete: VERHAGEN MIEL					Q-time: 01:37:73
PB (25m pool): 01:37.73 Durmehal 28/02/2026			PB (50m pool): 01:44.34 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.29		01:37.73	
	00:45.29		00:52.44		
					

Coach feedback:

Event number: 25: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 16:11
Heat: 3/5 Lane : 5 Athlete: COGEN ALEX					Q-time: 01:31:31
PB (25m pool): 01:31.31 Temse 31/05/2026			PB (50m pool): 01:33.28 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.07		01:31.31	
	00:44.07		00:47.24		
					

Coach feedback:

Event number: 25: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 16:13
Heat: 4/5 Lane : 5 Athlete: MARTENS YWEIN					Q-time: 01:23:43
PB (25m pool): 01:23.43 Temse 31/05/2026			PB (50m pool): 01:46.30 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.14		01:23.43	
	00:39.14		00:44.29		
					

Coach feedback:

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

Event number: 26: 50M BACKSTROKE WOMEN 11+				Heat:4, starttime: 16:22
Heat: 4/5 Lane : 6 Athlete: PUNZO MICHELLE				Q-time: 00:40:41
PB (25m pool): 00:40.41 Sint-Amandsberg 19/10/2025				PB (50m pool): 00:41.51 SB: no time
	2 5 M	5 0 M		
PB		00:40.41		
	00:40.41			
				

Coach feedback:

Event number: 28: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 16:32
Heat: 1/8 Lane : 4 Athlete: POYA SANAH					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: 28: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 16:37
Heat: 3/8 Lane : 4 Athlete: VAN DER GUCHT LOTTE					Q-time: 01:23:78
PB (25m pool): 01:23.78 Eeklo 19/04/2026					PB (50m pool): 01:29.06 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.73		01:23.78	
	00:39.73		00:44.05		
					

Coach feedback:

Event number: 28: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 16:37
Heat: 3/8 Lane : 6 Athlete: MARTENS WINNE					Q-time: 01:27:27
PB (25m pool): 01:27.27 Temse 31/05/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.41		01:27.27	
	00:40.41		00:46.86		
					

Coach feedback:

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

Event number: 28: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 16:39
Heat: 4/8 Lane : 4 Athlete: BOURFA SALMA					Q-time: 01:19:34
PB (25m pool): 01:19.34 Temse 31/05/2026					PB (50m pool): 01:21.55 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.53		01:19.34	
	00:37.53		00:41.81		
					

Coach feedback:

Event number: 28: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 16:41
Heat: 5/8 Lane : 2 Athlete: DE HERT JANNE					Q-time: 01:14:04
PB (25m pool): 01:14.04 Temse 31/05/2026					PB (50m pool): 01:15.22 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.17		01:14.04	
	00:36.17		00:37.87		
					

Coach feedback:

Event number: 28: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 16:44
Heat: 7/8 Lane : 3 Athlete: VAN HUL EMMA					Q-time: 01:06:64
PB (25m pool): 01:06.64 Temse 31/05/2026					PB (50m pool): 01:09.39 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.65		01:06.64	
	00:32.65		00:33.99		
					

Coach feedback:

Event number: 28: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 16:46
Heat: 8/8 Lane : 1 Athlete: PUNZO MICHELLE					Q-time: 01:05:55
PB (25m pool): 01:05.55 Temse 31/05/2026					PB (50m pool): 01:09.78 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.70		01:05.55	
	00:31.70		00:33.85		
					

Coach feedback:

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

Event number: 29: 100M FREESTYLE MEN 11+					Heat:3, starttime: 16:52
Heat: 3/8 Lane : 1 Athlete: AMGHAR YOUNES					Q-time: 01:19:81
PB (25m pool): 01:19.81 Temse 31/05/2026					PB (50m pool): 01:22.19 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.18		01:19.81	
	00:38.18		00:41.63		
					

Coach feedback:

Event number: 29: 100M FREESTYLE MEN 11+					Heat:3, starttime: 16:52
Heat: 3/8 Lane : 2 Athlete: VERHAGEN MIEL					Q-time: 01:16:52
PB (25m pool): 01:16.52 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		00:36.59		01:16.52	
	00:36.59		00:39.93		
					

Coach feedback:

Event number: 29: 100M FREESTYLE MEN 11+					Heat:5, starttime: 16:56
Heat: 5/8 Lane : 6 Athlete: COGEN ALEX					Q-time: 01:08:57
PB (25m pool): 01:08.57 Eeklo 19/04/2026					PB (50m pool): 01:09.92 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.10		01:08.57	
	00:34.10		00:34.47		
					

Coach feedback:

Event number: 29: 100M FREESTYLE MEN 11+					Heat:6, starttime: 16:57
Heat: 6/8 Lane : 6 Athlete: MARTENS YWEIN					Q-time: 01:04:40
PB (25m pool): 01:04.40 Eeklo 19/04/2026					PB (50m pool): 01:07.53 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.12		01:04.40	
	00:30.12		00:34.28		
					

Coach feedback:

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

Event number: 30: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 17:04
Heat: 2/5 Lane : 3 Athlete: SMET LIM			Q-time: 00:44:89
PB (25m pool): no time			PB (50m pool): 00:44.89 SB: no time
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 31: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 17:12
Heat: 3/4 Lane : 5 Athlete: MARTENS YWEIN			Q-time: 00:35:90
PB (25m pool): 00:35.90 Dendermonde. 22/11/2025			PB (50m pool): 00:37.86 SB: no time
	2 5 M	5 0 M	
PB		00:35.90	
	00:35.90		
			

Coach feedback: