

PK KB OVL 26: Session: 1: COACH evaluation sheet for TEAM: GBZ

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van Goethem Niels

PB => Personal Best time

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

Event number: 1: 200M BUTTERFLY WOMEN 13+							Heat:1, starttime: 09:10	
Heat: 1/1 Lane : 6 Athlete: VEREECKEN LARA							Q-time: 03:07:50	
PB (25m pool): 03:07.50 Lokeren 28/09/2025				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		00:40.92		01:29.03		02:18.20		03:07.50
	00:40.92		00:48.11		00:49.17		00:49.30	
								

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:12, starttime: 09:33
Heat: 12/18 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: 2: 100M FREESTYLE MEN 11+					Heat:16, starttime: 09:39				
Heat: 16/18 Lane : 8 Athlete: DE RYCK SEPPE					Q-time: 00:57:68				
PB (25m pool): 00:57.99 Temse 21/12/2025					PB (50m pool): 00:57.55 SB: no time				
	2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			00:28.32				00:57.99		
	00:28.32				00:29.67				
									

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 10:11	
Heat: 8/14 Lane : 1 Athlete: SCHEERS JASMIJN							Q-time: 02:54:46	
PB (25m pool): 02:54.46 Temse 31/05/2026				PB (50m pool): 03:05.41 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		00:36.93		01:21.77		02:15.55		02:54.46
	00:36.93		00:44.84		00:53.78		00:38.91	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:18	
Heat: 10/14 Lane : 1 Athlete: VERHOFSTEDE LENA							Q-time: 02:47:80	
PB (25m pool): 02:47.80 Durmehal 28/02/2026				PB (50m pool): 02:53.64 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		00:36.40		01:19.29		02:08.12		02:47.80
	00:36.40		00:42.89		00:48.83		00:39.68	
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:3, starttime: 10:38
Heat: 3/7 Lane : 2 Athlete: VAN OEVELEN NOAH				Q-time: 01:25:43	
PB (25m pool): 01:25.43 Sint-Niklaas 28/12/2025			PB (50m pool): 01:36.24SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.16		01:25.43	
	00:40.16		00:45.27		
					

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:5, starttime: 11:34	
Heat: 5/6 Lane : 6 Athlete: DE RYCK SEPPE							Q-time: 04:25:92	
PB (25m pool): 04:25.92 Dendermonde 22/11/2025				PB (50m pool): 04:32.56SB: 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		00:30.21		01:02.53		no time		02:10.85
	00:30.21		00:32.32					
								
	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		04:25.92
								

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:8, starttime: 11:54
Heat: 8/16 Lane : 5 Athlete: SCHEERS JASMIJN			Q-time: 00:36:47
PB (25m pool): 00:36.47 Durmehal 28/02/2026			PB (50m pool): 00:36.60 SB: no time
	2 5 M	5 0 M	
PB		00:36.47	
		00:36.47	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 11:57
Heat: 11/16 Lane : 2 Athlete: VERHOFSTEDE LENA			Q-time: 00:34:08
PB (25m pool): 00:34.08 Eeklo 19/04/2026			PB (50m pool): 00:36.77 SB: 00:34.64 BEERNEM 19/09/2026
	2 5 M	5 0 M	
PB		00:34.08	
		00:34.08	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:4, starttime: 12:09
Heat: 4/8 Lane : 2 Athlete: VAN OEVELEN NOAH			Q-time: 00:34:37
PB (25m pool): 00:34.37 Temse 21/12/2025			PB (50m pool): 00:34.97 SB: no time
	2 5 M	5 0 M	
PB		00:34.37	
		00:34.37	
			

Coach feedback: