

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

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

Coaches: Felies Jürgen

Coaches: Van Mieghem Evelien HEADCOACH

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE MEN 11+ Heat:11, starttime: 09:31

Heat: 11/18 Lane : 5 Athlete: VAN ACHTER MAURO				Q-time: 01:01:55
PB (25m pool): 01:01.55 Eeklo 06/04/2026				PB (50m pool): 01:02.14 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		no time		01:01.55
	no time			
				

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+ Heat:14, starttime: 09:36

Heat: 14/18 Lane : 4 Athlete: FELIES JARNE				Q-time: 00:58:54
PB (25m pool): 00:58.54 Sint-Amandsberg 19/10/2025				PB (50m pool): 00:59.94 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:27.80		00:58.54
	00:27.80			00:30.74
				

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+ Heat:15, starttime: 09:37

Heat: 15/18 Lane : 2 Athlete: VAN LAERE JUUL				Q-time: 00:57:83
PB (25m pool): 00:57.83 Durmehal 28/02/2026				PB (50m pool): 00:59.19 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:27.80		00:57.83
	00:27.80			00:30.03
				

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 10:04	
Heat: 6/14 Lane : 3 Athlete: BOGAERT AMANI							Q-time: 02:59:62	
PB (25m pool): 02:59.62 Durmehal 28/02/2026				PB (50m pool): 03:10.31 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		00:38.92		01:23.92		02:19.06		02:59.62
	00:38.92		00:45.00		00:55.14		00:40.56	
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+							Heat:6, starttime: 10:44	
Heat: 6/7 Lane : 7 Athlete: FELIES JARNE							Q-time: 01:12:29	
PB (25m pool): 01:12.29 Durmehal 28/02/2026				PB (50m pool): 01:15.86SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:33.65		01:12.29				
	00:33.65		00:38.64					
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:2, starttime: 10:52	
Heat: 2/6 Lane : 6 Athlete: BOGAERT AMANI							Q-time: 02:54:88	
PB (25m pool): 02:54.88 TEMSE 23/11/2025				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		00:41.50		01:26.22		02:11.54		02:54.88
	00:41.50		00:44.72		00:45.32		00:43.34	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:3, starttime: 11:24	
Heat: 3/6 Lane : 1 Athlete: VERHENNE TIM							Q-time: 04:57:60	
PB (25m pool): 04:57.60 Lokeren 28/09/2025				PB (50m pool): 04:44.90SB: 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		00:33.27		01:10.10		01:48.06		02:27.13
	00:33.27		00:36.83		00:37.96		00:39.07	
								
	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		03:06.19		03:44.44		04:22.88		04:57.60
	00:39.06		00:38.25		00:38.44		00:34.72	
								

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Event number: 8: 50M BACKSTROKE MEN 13+			Heat:6, starttime: 12:12
Heat: 6/8 Lane : 7 Athlete: VAN LAERE JUUL			Q-time: 00:32:25
PB (25m pool): 00:32.25 T Rosco 12/10/2025			PB (50m pool): 00:32.41 SB: no time
	2 5 M	5 0 M	
PB		00:32.25	
		00:32.25	
			

Coach feedback: