

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

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

Coaches: Van Avondt Peter HEADCOACH

Coaches: Buyck Tine

Coaches: Vlamijnck Robin

Coaches: Schepens Thiele

Coaches: Lasoen Sam

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:18
Heat: 3/18 Lane : 7 Athlete: VAN DOORNE ARNO					Q-time: 01:17:13
PB (25m pool): 01:17.13 Mons 27/06/2026					PB (50m pool): 01:18.02 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.46		01:17.13	
	00:37.46		00:39.67		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:8, starttime: 09:27
Heat: 8/18 Lane : 4 Athlete: DEGRANDE VIC					Q-time: 01:05:23
PB (25m pool): 01:05.23 LAGO Zwevegem 25/05/2026					PB (50m pool): 01:06.94 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.95		01:05.23	
	00:30.95		00:34.28		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:8, starttime: 09:27
Heat: 8/18 Lane : 7 Athlete: DE SMET KOBE					Q-time: 01:05:81
PB (25m pool): 01:05.81 LAGO Zwevegem 25/05/2026					PB (50m pool): 01:06.57 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.61		01:05.81	
	00:31.61		00:34.20		
					

Coach feedback:

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:9, starttime: 09:28
Heat: 9/18 Lane : 4 Athlete: DE BRUYNE BRIEK					Q-time: 01:03:81
PB (25m pool): 01:03.81 T Rosco 12/10/2025					PB (50m pool): 01:06.16 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:03.81	
	no time				
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:18, starttime: 09:42
Heat: 18/18 Lane : 5 Athlete: DHOOGHE LIAM					Q-time: 00:53:81
PB (25m pool): 00:53.81 LAGO Zwevegem 25/05/2026					PB (50m pool): 00:55.16 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.80		00:53.81	
	00:25.80		00:28.01		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 09:48	
Heat: 2/14 Lane : 4 Athlete: DE SMET LORE							Q-time: 03:21:38	
PB (25m pool): 03:22.90 LAGO Zwevegem 25/05/2026							PB (50m pool): 03:21.38 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		00:50.43		01:45.53		02:37.92		03:22.90
	00:50.43		00:55.10		00:52.39		00:44.98	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 09:53	
Heat: 3/14 Lane : 4 Athlete: DE VUSSER LAURE							Q-time: 03:17:69	
PB (25m pool): 03:17.69 LAGO Zwevegem 25/05/2026				PB (50m pool): 03:19.55 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		00:52.43		01:41.65		02:34.35		03:17.69
	00:52.43		00:49.22		00:52.70		00:43.34	
								

Coach feedback:

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

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 09:53	
Heat: 3/14 Lane : 7 Athlete: DEGRANDE NORE							Q-time: 03:20:06	
PB (25m pool): 03:20.06 LAGO Zwevegem 25/05/2026				PB (50m pool): 03:21.18SB: 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		00:49.40		01:41.40		02:37.57		03:20.06
	00:49.40		00:52.00		00:56.17		00:42.49	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 10:00	
Heat: 5/14 Lane : 1 Athlete: VAN DE STEENE LORE							Q-time: 03:09:76	
PB (25m pool): 03:13.80 LAGO Zwevegem 25/05/2026				PB (50m pool): 03:09.76SB: 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		00:51.45		01:40.71		02:32.53		03:13.80
	00:51.45		00:49.26		00:51.82		00:41.27	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 10:00	
Heat: 5/14 Lane : 4 Athlete: BERKEIN FRANCESCA							Q-time: 03:04:51	
PB (25m pool): no time			PB (50m pool): 03:04.51 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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 10:04	
Heat: 6/14 Lane : 2 Athlete: DE MUER ANNA							Q-time: 03:01:47	
PB (25m pool): 03:01.47 LAGO Zwevegem 25/05/2026				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		00:44.57		01:30.15		02:23.19		03:01.47
	00:44.57		00:45.58		00:53.04		00:38.28	
								

Coach feedback:

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

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 10:11	
Heat: 8/14 Lane : 4 Athlete: DE MULDER MAÏTHÉ							Q-time: 02:51:67	
PB (25m pool): 02:51.67 LAGO Zwevegem 25/05/2026				PB (50m pool): 02:52.92SB: 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		00:39.71		01:23.29		02:12.15		02:51.67
	00:39.71		00:43.58		00:48.86		00:39.52	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:11, starttime: 10:21	
Heat: 11/14 Lane : 1 Athlete: DE GRAVE LIZE							Q-time: 02:44:16	
PB (25m pool): 02:44.44 T Rosco 20/10/2024				PB (50m pool): 02:44.16 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		00:34.82		01:18.05		02:05.37		02:44.44
	00:34.82		00:43.23		00:47.32		00:39.07	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:11, starttime: 10:21	
Heat: 11/14 Lane : 5 Athlete: LONCKE JUTTA							Q-time: 02:42:41	
PB (25m pool): 02:42.41 Temse 17/11/2025				PB (50m pool): 02:42.90 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		00:36.92		01:18.13		02:06.34		02:42.41
	00:36.92		00:41.21		00:48.21		00:36.07	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:12, starttime: 10:24	
Heat: 12/14 Lane : 1 Athlete: DE WULF ALEXINE							Q-time: 02:41:47	
PB (25m pool): 02:41.47 LAGO Zwevegem 25/05/2026				PB (50m pool): 02:48.46SB: 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		00:36.20		01:17.23		02:04.53		02:41.47
	00:36.20		00:41.03		00:47.30		00:36.94	
								

Coach feedback:

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

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:12, starttime: 10:24	
Heat: 12/14 Lane : 7 Athlete: BERKEIN ALESSIA							Q-time: 02:41:34	
PB (25m pool): 02:41.34 T Rosco 12/10/2025				PB (50m pool): 02:42.85 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		00:35.57		01:17.61		02:03.64		02:41.34
	00:35.57		00:42.04		00:46.03		00:37.70	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:13, starttime: 10:27	
Heat: 13/14 Lane : 3 Athlete: RUTSAERT EMILY							Q-time: 02:35:54	
PB (25m pool): 02:35.54 T Rosco 12/10/2025				PB (50m pool): 02:35.67 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		00:34.21		01:13.88		02:01.07		02:35.54
	00:34.21		00:39.67		00:47.19		00:34.47	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:3, starttime: 10:56	
Heat: 3/6 Lane : 3 Athlete: DE WULF ALEXINE							Q-time: 02:44:28	
PB (25m pool): 02:44.28 LAGO Zwevegem 25/05/2026				PB (50m pool): 02:49.70SB: 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		00:38.78		01:20.52		02:03.89		02:44.28
	00:38.78		00:41.74		00:43.37		00:40.39	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:4, starttime: 11:00	
Heat: 4/6 Lane : 8 Athlete: LONCKE JUTTA							Q-time: 02:40:12	
PB (25m pool): 02:40.12 LEUVEN 23/11/2025				PB (50m pool): 02:44.60SB: 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		00:38.19		01:19.12		02:00.47		02:40.12
	00:38.19		00:40.93		00:41.35		00:39.65	
								

Coach feedback:

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

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:5, starttime: 11:04	
Heat: 5/6 Lane : 1 Athlete: DE SMUL PAULINE							Q-time: 02:35:31	
PB (25m pool): 02:35.31 LEUVEN 23/11/2025				PB (50m pool): 02:38.57 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		00:36.72		01:15.76		01:55.60		02:35.31
	00:36.72		00:39.04		00:39.84		00:39.71	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:5, starttime: 11:04	
Heat: 5/6 Lane : 3 Athlete: BUYLE LAURE							Q-time: 02:33:76	
PB (25m pool): 02:33.76 LAGO Zwevegem 25/05/2026				PB (50m pool): 02:46.32SB: 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		00:37.05		01:16.38		01:55.78		02:33.76
	00:37.05		00:39.33		00:39.40		00:37.98	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:5, starttime: 11:04	
Heat: 5/6 Lane : 6 Athlete: VLAMIJNCK LORE							Q-time: 02:34:11	
PB (25m pool): 02:34.11 LEUVEN 23/11/2025				PB (50m pool): 02:39.28SB: 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		00:37.02		01:16.35		01:55.64		02:34.11
	00:37.02		00:39.33		00:39.29		00:38.47	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:6, starttime: 11:08	
Heat: 6/6 Lane : 8 Athlete: DE MULDER CHLOë							Q-time: 02:32:53	
PB (25m pool): 02:32.53 T Rosco 12/10/2025				PB (50m pool): 02:39.60 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		00:36.80		01:15.86		01:54.33		02:32.53
	00:36.80		00:39.06		00:38.47		00:38.20	
								

Coach feedback:

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

Event number: 6: 400M FREESTYLE MEN 13+							Heat:4, starttime: 11:29	
Heat: 4/6 Lane : 2 Athlete: VROMAN FINN							Q-time: 04:40:74	
PB (25m pool): 04:40.74 T Rosco 12/10/2025				PB (50m pool): 04:42.42SB: 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		00:31.71		01:06.79		01:42.56		02:18.63
	00:31.71		00:35.08		00:35.77		00:36.07	
								
	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		02:54.74		03:30.86		04:07.08		04:40.74
	00:36.11		00:36.12		00:36.22		00:33.66	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:6, starttime: 11:39	
Heat: 6/6 Lane : 5 Athlete: DHOOGHE LIAM							Q-time: 04:13:69	
PB (25m pool): 04:13.69 T Rosco 12/10/2025				PB (50m pool): 04:21.36SB: 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		00:28.64		01:00.35		01:33.15		02:06.10
	00:28.64		00:31.71		00:32.80		00:32.95	
								
	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		02:38.44		03:10.45		03:42.90		04:13.69
	00:32.34		00:32.01		00:32.45		00:30.79	
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+										Heat:2, starttime: 11:46	
Heat: 2/16 Lane : 2 Athlete: DE SMET LORE										Q-time: 00:49:86	
PB (25m pool): 00:45.57 BEERNEM 19/09/2026					PB (50m pool): 00:49.86					SB: 00:45.57 BEERNEM 19/09/2026	
PB	2 5 M		5 0 M								
			00:45.57								
			00:45.57								
											

Coach feedback:

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

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 11:46
Heat: 2/16 Lane : 3 Athlete: BERKEIN FRANCESCA			Q-time: 00:47:88
PB (25m pool): 00:41.56 BEERNEM 19/09/2026			PB (50m pool): 00:48.27 SB: 00:41.56 BEERNEM 19/09/2026
	2 5 M	5 0 M	
PB		00:41.56	
		00:41.56	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 11:46
Heat: 2/16 Lane : 5 Athlete: DEGRANDE NORE			Q-time: 00:47:57
PB (25m pool): 00:45.98 BEERNEM 19/09/2026			PB (50m pool): 00:55.47 SB: 00:45.98 BEERNEM 19/09/2026
	2 5 M	5 0 M	
PB		00:45.98	
		00:45.98	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 11:46
Heat: 2/16 Lane : 6 Athlete: DE VUSSER LAURE			Q-time: 00:48:58
PB (25m pool): 00:43.72 BEERNEM 19/09/2026			PB (50m pool): 00:50.79 SB: 00:43.72 BEERNEM 19/09/2026
	2 5 M	5 0 M	
PB		00:43.72	
		00:43.72	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 11:46
Heat: 2/16 Lane : 7 Athlete: VAN DE STEENE LORE			Q-time: 00:50:26
PB (25m pool): 00:50.26 LAGO Zwevegem 25/05/2026			PB (50m pool): 00:52.57 SB: no time
	2 5 M	5 0 M	
PB		00:50.26	
		00:50.26	
			

Coach feedback:

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

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 11:50
Heat: 5/16 Lane : 7 Athlete: DE MUER ANNA			Q-time: 00:40:83
PB (25m pool): 00:39.00 BEERNEM 19/09/2026			PB (50m pool): 00:44.12 SB: 00:39.00 BEERNEM 19/09/2026
	2 5 M	5 0 M	
PB		00:39.00	
		00:39.00	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 11:52
Heat: 7/16 Lane : 7 Athlete: DE MULDER MAÏTHÉ			Q-time: 00:38:27
PB (25m pool): 00:38.27 LAGO Zwevegem 25/05/2026			PB (50m pool): 00:38.77 SB: no time
	2 5 M	5 0 M	
PB		00:38.27	
		00:38.27	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 11:55
Heat: 9/16 Lane : 6 Athlete: BUYLE LAURE			Q-time: 00:35:76
PB (25m pool): 00:35.76 Mons 27/06/2026			PB (50m pool): 00:34.04 SB: no time
	2 5 M	5 0 M	
PB		00:35.76	
		00:35.76	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:12, starttime: 11:58
Heat: 12/16 Lane : 8 Athlete: DE MULDER CHLOë			Q-time: 00:33:57
PB (25m pool): 00:33.57 Maastricht 30/12/2025			PB (50m pool): 00:34.35 SB: no time
	2 5 M	5 0 M	
PB		00:33.57	
		00:33.57	
			

Coach feedback:

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

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:13, starttime: 11:59
Heat: 13/16 Lane : 1 Athlete: BERKEIN ALESSIA			Q-time: 00:32:98
PB (25m pool): 00:32.98 Mons 27/06/2026			PB (50m pool): 00:33.87 SB: no time
	2 5 M	5 0 M	
PB		00:32.98	
		00:32.98	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:13, starttime: 11:59
Heat: 13/16 Lane : 2 Athlete: VLAMIJNCK LORE			Q-time: 00:32:67
PB (25m pool): 00:32.67 Maastricht 30/12/2025			PB (50m pool): 00:32.71 SB: no time
	2 5 M	5 0 M	
PB		00:32.67	
		00:32.67	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:13, starttime: 11:59
Heat: 13/16 Lane : 3 Athlete: DE SMUL PAULINE			Q-time: 00:32:50
PB (25m pool): 00:33.12 Maastricht 30/12/2025			PB (50m pool): 00:32.50 SB: no time
	2 5 M	5 0 M	
PB		00:33.12	
		00:33.12	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:13, starttime: 11:59
Heat: 13/16 Lane : 5 Athlete: DE GRAVE LIZE			Q-time: 00:32:36
PB (25m pool): 00:32.36 Maastricht 30/12/2025			PB (50m pool): 00:32.78 SB: no time
	2 5 M	5 0 M	
PB		00:32.36	
		00:32.36	
			

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:15, starttime: 12:01
Heat: 15/16 Lane : 7 Athlete: RUTSAERT EMILY			Q-time: 00:30:89
PB (25m pool): 00:30.97 Mons 27/06/2026			PB (50m pool): 00:30.89 SB: no time
	2 5 M	5 0 M	
PB		00:30.97	
		00:30.97	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:3, starttime: 12:07
Heat: 3/8 Lane : 4 Athlete: DEGRANDE VIC			Q-time: 00:34:65
PB (25m pool): 00:34.65 Mons 27/06/2026			PB (50m pool): 00:35.42 SB: no time
	2 5 M	5 0 M	
PB		00:34.65	
		00:34.65	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:3, starttime: 12:07
Heat: 3/8 Lane : 6 Athlete: DE SMET KOBE			Q-time: 00:34:86
PB (25m pool): 00:34.86 Maastricht 30/12/2025			PB (50m pool): 00:37.04 SB: no time
	2 5 M	5 0 M	
PB		00:34.86	
		00:34.86	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:5, starttime: 12:10
Heat: 5/8 Lane : 4 Athlete: DE BRUYNE BRIEK			Q-time: 00:32:89
PB (25m pool): 00:32.89 Mons 27/06/2026			PB (50m pool): 00:34.67 SB: no time
	2 5 M	5 0 M	
PB		00:32.89	
		00:32.89	
			

Coach feedback:

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Event number: 8: 50M BACKSTROKE MEN 13+			Heat:6, starttime: 12:12
Heat: 6/8 Lane : 8 Athlete: VROMAN FINN			Q-time: 00:32:64
PB (25m pool): 00:32.64 Maastricht 30/12/2025			PB (50m pool): 00:35.17 SB: no time
	2 5 M	5 0 M	
PB		00:32.64	
		00:32.64	
			

Coach feedback: