

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

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

Coaches: Dierickx Kaat HEADCOACH

Coaches: Vanderrijst Ananza

Coaches: De Ridder Elke

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:2, starttime: 09:16
Heat: 2/18 Lane : 3 Athlete: VANDERSCHAE GHE DAAN					Q-time: 01:20:42
PB (25m pool): 01:20.42 Eeklo 19/04/2026					PB (50m pool): 01:21.44 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.12		01:20.42	
		00:38.12		00:42.30	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:5, starttime: 09:22
Heat: 5/18 Lane : 4 Athlete: HEYNZE OTIS					Q-time: 01:10:35
PB (25m pool): 01:16.07 Temse 17/11/2025					PB (50m pool): 01:10.35 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.36		01:16.07	
		00:37.36		00:38.71	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:12, starttime: 09:33
Heat: 12/18 Lane : 7 Athlete: VAN NEER LOWIEK					Q-time: 01:01:22
PB (25m pool): 01:01.37 Liedekerke 11/11/2025					PB (50m pool): 01:01.22 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.17		01:01.37	
		00:30.17		00:31.20	
					

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 09:44	
Heat: 1/14 Lane : 3 Athlete: VAN PETEGHEM LAYLA							Q-time: 03:44:97	
PB (25m pool): no time			PB (50m pool): 03:44.97 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:1, starttime: 09:44	
Heat: 1/14 Lane : 7 Athlete: MARTENS ESTEE							Q-time: 03:47:22	
PB (25m pool): 03:47.22 TEMSE 30/03/2025				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		00:54.53		01:48.18		02:52.56		03:47.22
	00:54.53		00:53.65		01:04.38		00:54.66	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 09:53	
Heat: 3/14 Lane : 6 Athlete: VAN PETEGHEM ALINE							Q-time: 03:19:49	
PB (25m pool): 03:19.49 Dendermonde 22/11/2025				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		00:44.37		no time		no time		03:19.49
	00:44.37							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 10:04	
Heat: 6/14 Lane : 6 Athlete: COWIE LORE							Q-time: 03:00:00	
PB (25m pool): 03:00.00 Dendermonde 22/11/2025				PB (50m pool): 03:01.47 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		00:39.00		no time		no time		03:00.00
	00:39.00							
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 10:14	
Heat: 9/14 Lane : 3 Athlete: COLPAERT JULIE							Q-time: 02:49:47	
PB (25m pool): 02:49.47 Dendermonde 22/11/2025				PB (50m pool): 02:52.71 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		00:36.36		no time		no time		02:49.47
	00:36.36							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 10:14	
Heat: 9/14 Lane : 8 Athlete: VAN GOETHEM LOTTE							Q-time: 02:50:84	
PB (25m pool): 02:50.84 Zwembad De Motte 20/06/2026				PB (50m pool): 02:51.09 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		00:37.72		no time		no time		02:50.84
	00:37.72							
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:18	
Heat: 2/6 Lane : 2 Athlete: VAN RAEMDONCK SIEBE							Q-time: 05:16:40	
PB (25m pool): 05:41.63 Aartselaar 01/11/2024				PB (50m pool): 05:16.40SB: 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		no time		01:19.69		no time		02:48.64
	no time							
								
	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		05:41.63
								

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:1, starttime: 11:45
Heat: 1/16 Lane : 4 Athlete: COLPAERT LEONIE			Q-time: 00:52:35
PB (25m pool): 00:52.35 Eeklo 19/04/2026			PB (50m pool): 00:54.55 SB: 00:52.94 BEERNEM 19/09/2026
	2 5 M	5 0 M	
PB		00:52.35	
		00:52.35	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:1, starttime: 11:45
Heat: 1/16 Lane : 5 Athlete: VAN PETEGHEM LAYLA			Q-time: 00:52:80
PB (25m pool): no time			PB (50m pool): 00:52.80 SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 11:46
Heat: 2/16 Lane : 4 Athlete: MARTENS ESTEE			Q-time: 00:46:73
PB (25m pool): no time			PB (50m pool): 00:46.73 SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 11:51
Heat: 6/16 Lane : 1 Athlete: VAN PETEGHEM ALINE			Q-time: 00:39:70
PB (25m pool): 00:39.70 BEERNEM 19/09/2026			PB (50m pool): no time SB: 00:39.70 BEERNEM 19/09/2026
	2 5 M	5 0 M	
PB		00:39.70	
		00:39.70	
			

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 11:56
Heat: 10/16 Lane : 7 Athlete: VAN GOETHEM LOTTE			Q-time: 00:34:88
PB (25m pool): 00:34.88 BEERNEM 19/09/2026			PB (50m pool): 00:37.98 SB: 00:34.88 BEERNEM 19/09/2026
	2 5 M	5 0 M	
PB		00:34.88	
		00:34.88	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 11:57
Heat: 11/16 Lane : 8 Athlete: COWIE LORE			Q-time: 00:34:39
PB (25m pool): 00:35.52 BEERNEM 19/09/2026			PB (50m pool): 00:34.39 SB: 00:35.52 BEERNEM 19/09/2026
	2 5 M	5 0 M	
PB		00:35.52	
		00:35.52	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:7, starttime: 12:13
Heat: 7/8 Lane : 8 Athlete: VAN NEER LOWIEK			Q-time: 00:31:67
PB (25m pool): 00:31.67 Lokeren 28/09/2025			PB (50m pool): 00:32.84 SB: no time
	2 5 M	5 0 M	
PB		00:31.67	
		00:31.67	
			

Coach feedback: