

PK KB OVL 26: Session: 2: COACH evaluation sheet for TEAM: GBZ

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 10: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:18
Heat: 7/18 Lane : 5 Athlete: VEREECKEN LARA					Q-time: 01:11:73
PB (25m pool): 01:11.73 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:13.55 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.25		01:11.73	
	00:35.25		00:36.48		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:18
Heat: 7/18 Lane : 6 Athlete: SCHEERS JASMIJN					Q-time: 01:11:86
PB (25m pool): 01:11.86 Durmehal 28/02/2026					PB (50m pool): 01:12.76 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.17		01:11.86	
	00:34.17		00:37.69		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:20
Heat: 8/18 Lane : 2 Athlete: VERHOFSTEDE LENA					Q-time: 01:10:54
PB (25m pool): 01:10.54 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:12.37 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.01		01:10.54	
	00:34.01		00:36.53		
					

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:13, starttime: 15:18	
Heat: 13/13 Lane : 8 Athlete: DE RYCK SEPPE							Q-time: 02:20:10	
PB (25m pool): 02:20.10 Sint-Niklaas 28/12/2025				PB (50m pool): 02:22.23 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		00:29.01		no time		no time		02:20.10
	00:29.01							
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:26
Heat: 3/7 Lane : 3 Athlete: VEREECKEN LARA				Q-time: 01:30:99	
PB (25m pool): 01:30.99 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:32.00 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.22		01:30.99	
	00:43.22		00:47.77		
					

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:3, starttime: 15:45	
Heat: 3/5 Lane : 8 Athlete: VAN OEVELEN NOAH							Q-time: 02:41:26	
PB (25m pool): 02:41.26 Sint-Niklaas 28/12/2025				PB (50m pool): 02:48.10 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		00:37.95		01:19.28		no time		02:41.26
	00:37.95		00:41.33					
								

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+							Heat:3, starttime: 16:43	
Heat: 3/7 Lane : 2 Athlete: VERHOFSTEDE LENA							Q-time: 00:36:86	
PB (25m pool): 00:36.86 Lokeren 28/09/2025				PB (50m pool): 00:38.07 SB: no time				
	2 5 M		5 0 M					
PB			00:36.86					
			00:36.86					
								

Coach feedback: