

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

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:09
Heat: 2/18 Lane : 7 Athlete: DE SMET LORE					Q-time: 01:22:46
PB (25m pool): 01:23.14 Liedekerke 11/11/2025					PB (50m pool): 01:22.46 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.09		01:23.14	
	00:40.09		00:43.05		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:11
Heat: 3/18 Lane : 6 Athlete: DEGRANDE NORE					Q-time: 01:18:59
PB (25m pool): 01:24.83 TEMSE 23/11/2025					PB (50m pool): 01:18.59 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.21		01:24.83	
	00:40.21		00:44.62		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:13
Heat: 4/18 Lane : 1 Athlete: DE VUSSER LAURE					Q-time: 01:18:15
PB (25m pool): 01:18.15 Mons 27/06/2026					PB (50m pool): 01:20.02 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.94		01:18.15	
	00:37.94		00:40.21		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:18
Heat: 7/18 Lane : 3 Athlete: DE MULDER MAÏTHÉ					Q-time: 01:11:76
PB (25m pool): 01:14.99 Temse 17/11/2025					PB (50m pool): 01:11.76 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.93		01:14.99	
	00:35.93		00:39.06		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:18
Heat: 7/18 Lane : 8 Athlete: BERKEIN FRANCESCA					Q-time: 01:12:18
PB (25m pool): 01:12.18 Mons 27/06/2026					PB (50m pool): 01:13.63 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.41		01:12.18	
	00:34.41		00:37.77		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:20
Heat: 8/18 Lane : 8 Athlete: DE MUER ANNA					Q-time: 01:11:15
PB (25m pool): 01:11.15 Mons 27/06/2026					PB (50m pool): 01:11.87 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.76		01:11.15	
	00:33.76		00:37.39		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:14, starttime: 14:30
Heat: 14/18 Lane : 3 Athlete: DE SMUL PAULINE					Q-time: 01:04:84
PB (25m pool): 01:04.84 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:06.74 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.16		01:04.84	
	00:31.16		00:33.68		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:15, starttime: 14:31
Heat: 15/18 Lane : 7 Athlete: BUYLE LAURE					Q-time: 01:03:89
PB (25m pool): 01:03.89 Temse 17/11/2025					PB (50m pool): 01:06.73 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.29		01:03.89	
	00:31.29		00:32.60		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:16, starttime: 14:33
Heat: 16/18 Lane : 6 Athlete: DE MULDER CHLOë					Q-time: 01:02:27
PB (25m pool): 01:02.27 LAGO Zwevegem 25/05/2026					PB (50m pool): 01:03.83 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.36		01:02.27	
	00:30.36		00:31.91		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:16, starttime: 14:33
Heat: 16/18 Lane : 7 Athlete: VLAMIJNCK LORE					Q-time: 01:02:52
PB (25m pool): 01:01.15 Diksmuide 19/11/2023					PB (50m pool): 01:02.97 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:01.15	
	no time				
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:17, starttime: 14:34
Heat: 17/18 Lane : 1 Athlete: DE GRAVE LIZE					Q-time: 01:01:73
PB (25m pool): 01:01.73 LAGO Zwevegem 25/05/2026					PB (50m pool): 01:03.37 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.75		01:01.73	
	00:29.75		00:31.98		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:17, starttime: 14:34
Heat: 17/18 Lane : 7 Athlete: RUTSAERT EMILY					Q-time: 01:01:69
PB (25m pool): 01:01.69 Mons 27/06/2026					PB (50m pool): 01:02.94 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.73		01:01.69	
	00:29.73		00:31.96		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:18, starttime: 14:36
Heat: 18/18 Lane : 5 Athlete: VAN AVONDT LINA					Q-time: 00:58:12
PB (25m pool): 00:58.12 LAGO Zwevegem 25/05/2026					PB (50m pool): 00:59.54 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.14		00:58.12	
	00:28.14		00:29.98		
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 14:46	
Heat: 3/13 Lane : 5 Athlete: VAN DOORNE ARNO							Q-time: 03:00:70	
PB (25m pool): 03:00.70 LAGO Zwevegem 25/05/2026							PB (50m pool): 03:07.44SB: 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		00:43.83		01:28.18		02:22.19		03:00.70
	00:43.83		00:44.35		00:54.01		00:38.51	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:5, starttime: 14:53	
Heat: 5/13 Lane : 1 Athlete: DE SMET KOBE							Q-time: 02:49:36	
PB (25m pool): 02:49.36 T Rosco 12/10/2025				PB (50m pool): 02:44.14 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		00:37.62		01:20.25		02:13.11		02:49.36
	00:37.62		00:42.63		00:52.86		00:36.25	
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:5, starttime: 14:53	
Heat: 5/13 Lane : 6 Athlete: DE BRUYNE BRIEK							Q-time: 02:48:19	
PB (25m pool): 02:48.19 Gent 23/02/2025				PB (50m pool): 02:50.73SB: 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		00:38.00		01:19.24		02:09.75		02:48.19
	00:38.00		00:41.24		00:50.51		00:38.44	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:8, starttime: 15:03	
Heat: 8/13 Lane : 2 Athlete: DEGRANDE VIC							Q-time: 02:36:65	
PB (25m pool): 02:36.65 Eeklo 21/04/2025				PB (50m pool): 02:42.08SB: 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		00:34.92		no time		no time		02:36.65
	00:34.92							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:8, starttime: 15:03	
Heat: 8/13 Lane : 3 Athlete: VROMAN FINN							Q-time: 02:36:59	
PB (25m pool): 02:36.59 T Rosco 12/10/2025				PB (50m pool): 02:35.63SB: 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		00:34.89		01:15.49		02:00.01		02:36.59
	00:34.89		00:40.60		00:44.52		00:36.58	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:11, starttime: 15:12	
Heat: 11/13 Lane : 6 Athlete: DHOOGE LIAM							Q-time: 02:27:57	
PB (25m pool): 02:31.79 Sinbad 24/03/2024				PB (50m pool): 02:27.57 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		no time		no time		no time		02:31.79
	no time							
								

Coach feedback:

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Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:26
Heat: 3/7 Lane : 2 Athlete: DE WULF ALEXINE					Q-time: 01:31:07
PB (25m pool): 01:31.24 Maastricht 30/12/2025			PB (50m pool): 01:31.07 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.67		01:31.24	
	00:43.67		00:47.57		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:6, starttime: 15:32
Heat: 6/7 Lane : 1 Athlete: LONCKE JUTTA					Q-time: 01:23:03
PB (25m pool): 01:23.03 LEUVEN 23/11/2025			PB (50m pool): 01:23.70 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.66		01:23.03	
	00:39.66		00:43.37		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:7, starttime: 15:34
Heat: 7/7 Lane : 2 Athlete: DE GRAVE LIZE					Q-time: 01:18:53
PB (25m pool): 01:18.53 LAGO Zwevegem 25/05/2026			PB (50m pool): 01:22.08 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.36		01:18.53	
	00:36.36		00:42.17		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:7, starttime: 15:34
Heat: 7/7 Lane : 6 Athlete: BERKEIN ALESSIA					Q-time: 01:18:01
PB (25m pool): 01:18.01 Mons 27/06/2026			PB (50m pool): 01:21.88 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.02		01:18.01	
	00:37.02		00:40.99		
					

Coach feedback:

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Event number: 13: 200M BACKSTROKE MEN 13+							Heat:3, starttime: 15:45	
Heat: 3/5 Lane : 6 Athlete: DE SMET KOBE							Q-time: 02:37:17	
PB (25m pool): 02:37.17 TEMSE 23/11/2025				PB (50m pool): 02:40.83SB: 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		00:37.68		01:17.92		01:58.26		02:37.17
	00:37.68		00:40.24		00:40.34		00:38.91	
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:4, starttime: 15:49	
Heat: 4/5 Lane : 2 Athlete: VROMAN FINN							Q-time: 02:29:32	
PB (25m pool): 02:29.32 T Rosco 12/10/2025				PB (50m pool): 02:32.24SB: 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		00:35.49		01:13.32		01:52.05		02:29.32
	00:35.49		00:37.83		00:38.73		00:37.27	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 16:19	
Heat: 5/5 Lane : 1 Athlete: DE MULDER CHLOë							Q-time: 04:42:30	
PB (25m pool): 04:41.87 T Rosco 20/10/2024				PB (50m pool): 04:47.27 SB: 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		00:32.81		01:08.52		01:44.47		02:20.41
	00:32.81		00:35.71		00:35.95		00:35.94	
								
	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		02:56.50		03:32.51		04:07.85		04:41.87
	00:36.09		00:36.01		00:35.34		00:34.02	
								

Coach feedback:

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Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 16:19	
Heat: 5/5 Lane : 4 Athlete: VAN AVONDT LINA							Q-time: 04:26:40	
PB (25m pool): 04:26.40 Gent 09/11/2025				PB (50m pool): 04:30.63SB: 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		00:30.01		01:02.81		01:36.53		02:11.16
	00:30.01		00:32.80		00:33.72		00:34.63	
								
	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		02:45.08		03:19.27		03:53.26		04:26.40
	00:33.92		00:34.19		00:33.99		00:33.14	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 16:19	
Heat: 5/5 Lane : 6 Athlete: RUTSAERT EMILY							Q-time: 04:40:43	
PB (25m pool): 04:40.86 T Rosco 12/10/2025				PB (50m pool): 04:40.43SB: 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		00:31.46		01:06.93		01:43.20		02:19.49
	00:31.46		00:35.47		00:36.27		00:36.29	
								
	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		02:55.48		03:31.36		04:07.05		04:40.86
	00:35.99		00:35.88		00:35.69		00:33.81	
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+										Heat:2, starttime: 16:26	
Heat: 2/13 Lane : 5 Athlete: VAN DOORNE ARNO										Q-time: 00:42:38	
PB (25m pool): 00:41.50 BEERNEM 19/09/2026										PB (50m pool): 00:43.91SB: 00:41.50 BEERNEM 19/09/2026	
	2 5 M		5 0 M								
PB			00:41.50								
			00:41.50								
											

Coach feedback:

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

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 16:31
Heat: 6/13 Lane : 2 Athlete: DE BRUYNE BRIEK			Q-time: 00:33:57
PB (25m pool): 00:33.57 Mons 27/06/2026			PB (50m pool): 00:34.44 SB: no time
	2 5 M	5 0 M	
PB		00:33.57	
		00:33.57	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 16:31
Heat: 6/13 Lane : 8 Athlete: DEGRANDE VIC			Q-time: 00:34:09
PB (25m pool): 00:34.09 Mons 27/06/2026			PB (50m pool): 00:36.63 SB: no time
	2 5 M	5 0 M	
PB		00:34.09	
		00:34.09	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:12, starttime: 16:37
Heat: 12/13 Lane : 2 Athlete: DHOOG LIAM			Q-time: 00:28:06
PB (25m pool): 00:28.06 Maastricht 30/12/2025			PB (50m pool): 00:29.17 SB: no time
	2 5 M	5 0 M	
PB		00:28.06	
		00:28.06	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 16:43
Heat: 3/7 Lane : 7 Athlete: DE WULF ALEXINE			Q-time: 00:36:89
PB (25m pool): 00:37.43 Maastricht 30/12/2025			PB (50m pool): 00:37.68 SB: no time
	2 5 M	5 0 M	
PB		00:37.43	
		00:37.43	
			

Coach feedback:

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

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:4, starttime: 16:45
Heat: 4/7 Lane : 2 Athlete: BERKEIN ALESSIA			Q-time: 00:34:98
PB (25m pool): 00:34.98 Temse 17/11/2025			PB (50m pool): 00:38.56 SB: no time
	2 5 M	5 0 M	
PB		00:34.98	
		00:34.98	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:4, starttime: 16:45
Heat: 4/7 Lane : 3 Athlete: DE SMUL PAULINE			Q-time: 00:34:57
PB (25m pool): 00:34.57 Maastricht 30/12/2025			PB (50m pool): 00:35.52 SB: no time
	2 5 M	5 0 M	
PB		00:34.57	
		00:34.57	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:5, starttime: 16:46
Heat: 5/7 Lane : 1 Athlete: LONCKE JUTTA			Q-time: 00:34:17
PB (25m pool): 00:34.17 Mons 27/06/2026			PB (50m pool): 00:36.39 SB: no time
	2 5 M	5 0 M	
PB		00:34.17	
		00:34.17	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:5, starttime: 16:46
Heat: 5/7 Lane : 5 Athlete: BUYLE LAURE			Q-time: 00:33:53
PB (25m pool): 00:33.53 T Rosco 12/10/2025			PB (50m pool): 00:35.28 SB: no time
	2 5 M	5 0 M	
PB		00:33.53	
		00:33.53	
			

Coach feedback:

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Event number: 16: 50M BACKSTROKE WOMEN 13+						Heat:6, starttime: 16:48	
Heat: 6/7 Lane : 8 Athlete: VLAMIJNCK LORE					Q-time: 00:33:40		
PB (25m pool): 00:33.40 LEUVEN 23/11/2025				PB (50m pool): 00:34.46 SB: no time			
	2 5 M		5 0 M				
PB			00:33.40				
			00:33.40				
							

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+							Heat:7, starttime: 16:49	
Heat: 7/7 Lane : 2 Athlete: VAN AVONDT LINA							Q-time: 00:31:17	
PB (25m pool): 00:31.17 LEUVEN 23/11/2025							PB (50m pool): 00:32.55SB: no time	
	2 5 M		5 0 M					
PB			00:31.17					
			00:31.17					
								

Coach feedback:

Event number: 17: 4x50M FREESTYLE MEN 11+							Heat:2, starttime: 17:03	
Heat: 2/2 Lane : 2 Athlete: TEAM STA 1							Q-time: 01:49:00	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback:

Event number: 18: 4x50M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:09	
Heat: 2/2 Lane : 5 Athlete: TEAM STA 1							Q-time: 01:51:00	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback: