

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

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 10: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:07
Heat: 1/18 Lane : 2 Athlete: COLPAERT LEONIE					Q-time: 01:24:73
PB (25m pool): 01:24.73 Temse 31/05/2026					PB (50m pool): 01:26.23 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.23		01:24.73	
		00:41.23		00:43.50	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:07
Heat: 1/18 Lane : 4 Athlete: MARTENS ESTEE					Q-time: 01:23:67
PB (25m pool): 01:23.67 Temse 31/05/2026					PB (50m pool): 01:29.23 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.01		01:23.67	
		00:40.01		00:43.66	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:20
Heat: 8/18 Lane : 5 Athlete: DE WINTER LORE					Q-time: 01:10:18
PB (25m pool): 01:10.18 Sint-Niklaas 11/01/2026					PB (50m pool): 01:11.15 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.66		01:10.18	
		00:33.66		00:36.52	
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:23
Heat: 10/18 Lane : 6 Athlete: COWIE LORE					Q-time: 01:08:50
PB (25m pool): 01:09.54 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:08.50 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.83		01:09.54	
	00:33.83		00:35.71		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:25
Heat: 11/18 Lane : 5 Athlete: VAN GOETHEM LOTTE					Q-time: 01:07:23
PB (25m pool): 01:11.37 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:07.23 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.32		01:11.37	
	00:34.32		00:37.05		
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+					Heat:2, starttime: 14:42			
Heat: 2/13 Lane : 8 Athlete: VANDERSCHAE GHE DAAN					Q-time: 03:22:06			
PB (25m pool): 03:22.06 Zwembad De Motte 20/06/2026					PB (50m pool): 03:26.52 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		00:46.51		no time		no time		03:22.06
	00:46.51							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+					Heat:3, starttime: 14:46			
Heat: 3/13 Lane : 3 Athlete: HEYNZE OTIS					Q-time: 03:01:57			
PB (25m pool): 03:01.57 Zwembad De Motte 20/06/2026					PB (50m pool): 03:04.29 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		00:38.81		no time		no time		03:01.57
	00:38.81							
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:7, starttime: 15:00	
Heat: 7/13 Lane : 1 Athlete: VAN RAEMDONCK SIEBE							Q-time: 02:41:26	
PB (25m pool): 02:41.26 Sint-Niklaas 28/12/2025				PB (50m pool): 03:36.25 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		00:33.45		no time		no time		02:41.26
	00:33.45							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:9, starttime: 15:06	
Heat: 9/13 Lane : 5 Athlete: VAN NEER LOWIEK							Q-time: 02:33:41	
PB (25m pool): 02:33.41 Dendermonde 22/11/2025				PB (50m pool): 02:37.36SB: 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		00:32.51		no time		no time		02:33.41
	00:32.51							
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:1, starttime: 15:55	
Heat: 1/5 Lane : 6 Athlete: DE WINTER LORE							Q-time: 05:45:00	
PB (25m pool): no time			PB (50m pool): 05:45.00SB: 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		no time		no time		no time
	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		no time
								

Coach feedback:

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Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 16:02	
Heat: 2/5 Lane : 3 Athlete: TAEELMAN YADE							Q-time: 05:25:43	
PB (25m pool): 05:25.43 Lokeren 28/09/2025				PB (50m pool): 05:26.22SB: 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		00:36.96		01:17.79		01:59.49		02:42.18
	00:36.96		00:40.83		00:41.70		00:42.69	
								
	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		03:24.17		04:05.87		04:47.31		05:25.43
	00:41.99		00:41.70		00:41.44		00:38.12	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 16:08	
Heat: 3/5 Lane : 7 Athlete: COLPAERT JULIE							Q-time: 05:12:24	
PB (25m pool): 05:12.24 Sinbad 12/01/2025			PB (50m pool): 05:19.81SB: 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		01:14.82		no time		02:34.48
	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		05:12.24
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:2, starttime: 16:26		
Heat: 2/13 Lane : 6 Athlete: VANDERSCHAE GHE DAAN							Q-time: 00:42:98		
PB (25m pool): 00:42.98 BEERNEM 19/09/2026				PB (50m pool): 00:43.87 SB: 00:42.98 BEERNEM 19/09/2026					
	2 5 M		5 0 M						
PB			00:42.98						
			00:42.98						
									

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:4, starttime: 16:29
Heat: 4/13 Lane : 2 Athlete: HEYNZE OTIS			Q-time: 00:36:86
PB (25m pool): 00:39.25 Temse 17/11/2025			PB (50m pool): 00:36.86 SB: no time
	2 5 M	5 0 M	
PB		00:39.25	
		00:39.25	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:7, starttime: 16:32
Heat: 7/13 Lane : 2 Athlete: VAN RAEMDONCK SIEBE			Q-time: 00:32:36
PB (25m pool): 00:41.95 Dendermonde1 25/11/2023			PB (50m pool): 00:32.36 SB: no time
	2 5 M	5 0 M	
PB		00:41.95	
		00:41.95	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:9, starttime: 16:34
Heat: 9/13 Lane : 3 Athlete: VAN NEER LOWIEK			Q-time: 00:30:21
PB (25m pool): 00:30.21 BEERNEM 19/09/2026			PB (50m pool): 00:30.23 SB: 00:30.21 BEERNEM 19/09/2026
	2 5 M	5 0 M	
PB		00:30.21	
		00:30.21	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:2, starttime: 16:41
Heat: 2/7 Lane : 5 Athlete: COWIE LORE			Q-time: 00:38:56
PB (25m pool): 00:39.12 WAREGEM 21/04/2025			PB (50m pool): 00:38.56 SB: no time
	2 5 M	5 0 M	
PB		00:39.12	
		00:39.12	
			

Coach feedback: