

PK KB OVL 26: Session: 3: COACH evaluation sheet for TEAM: GBZ

Coachinfo: Warming up from: 08:00 untill 08:50. 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: 20: 200M FREESTYLE WOMEN 13+							Heat:5, starttime: 09:42	
Heat: 5/9 Lane : 7 Athlete: DE WITTE FIEN							Q-time: 02:26:03	
PB (25m pool): 02:27.82 Lokeren 28/09/2025				PB (50m pool): 02:26.03 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		00:34.36		01:11.71		01:50.20		02:27.82
	00:34.36		00:37.35		00:38.49		00:37.62	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:7, starttime: 09:48	
Heat: 7/9 Lane : 2 Athlete: HOTTINGER NYAH							Q-time: 02:19:72	
PB (25m pool): 02:19.72 Aartselaar 01/11/2025				PB (50m pool): 02:23.15SB: 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		00:32.29		01:08.18		no time		02:19.72
	00:32.29		00:35.89					
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:2, starttime: 09:58
Heat: 2/6 Lane : 5 Athlete: LARHDIR RAYAN				Q-time: 01:21:56	
PB (25m pool): 01:21.56 Sinbad 05/10/2025			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.30		01:21.56	
	00:37.30		00:44.26		
					

Coach feedback:

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Event number: 21: 100M BUTTERFLY MEN 13+					Heat:5, starttime: 10:04
Heat: 5/6 Lane : 4 Athlete: DE RYCK SEPPE					Q-time: 01:01:58
PB (25m pool): 01:03.78 Aartselaar 01/11/2025					PB (50m pool): 01:01.58 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.17		01:03.78	
	00:30.17		00:33.61		
					

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+					Heat:7, starttime: 11:16
Heat: 7/11 Lane : 5 Athlete: DE WITTE FIEN					Q-time: 00:29:61
PB (25m pool): 00:29.65 Durmehal 28/02/2026					PB (50m pool): 00:29.61 SB: no time
	2 5 M	5 0 M			
PB		00:29.65			
	00:29.65				
					

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+					Heat:8, starttime: 11:17
Heat: 8/11 Lane : 8 Athlete: HOTTINGER NYAH					Q-time: 00:29:53
PB (25m pool): 00:29.53 T Rosco 12/10/2025					PB (50m pool): 00:29.75 SB: no time
	2 5 M	5 0 M			
PB		00:29.53			
	00:29.53				
					

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+					Heat:4, starttime: 11:25
Heat: 4/7 Lane : 4 Athlete: LARHDIR RAYAN					Q-time: 00:35:88
PB (25m pool): 00:36.17 Sinbad 05/10/2025					PB (50m pool): 00:35.88 SB: no time
	2 5 M	5 0 M			
PB		00:36.17			
	00:36.17				
					

Coach feedback:

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Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 11:26
Heat: 5/7 Lane : 6 Athlete: DE RYCK SEPPE			Q-time: 00:35:25
PB (25m pool): 00:36.82 Gent 23/02/2025			PB (50m pool): 00:35.25 SB: no time
	2 5 M	5 0 M	
PB		00:36.82	
		00:36.82	
			

Coach feedback: