

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

Coachinfo: Warming up from: 08:00 untill 08:50. 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: 19: 100M MEDLEY MEN 11+					Heat:2, starttime: 09:13
Heat: 2/10 Lane : 2 Athlete: VAN DOORNE ARNO					Q-time: 01:32:75
PB (25m pool): 01:32.75 Liedekerke 11/11/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:32.75	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:5, starttime: 09:18
Heat: 5/10 Lane : 6 Athlete: DE SMET KOBE					Q-time: 01:17:83
PB (25m pool): 01:17.83 Maastricht 30/12/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.00		01:17.83	
	00:35.00		00:42.83		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:7, starttime: 09:22
Heat: 7/10 Lane : 1 Athlete: DEGRANDE VIC					Q-time: 01:14:78
PB (25m pool): 01:14.78 Liedekerke 11/11/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:14.78	
	no time				
					

Coach feedback:

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Event number: 19: 100M MEDLEY MEN 11+					Heat:7, starttime: 09:22
Heat: 7/10 Lane : 6 Athlete: VROMAN FINN					Q-time: 01:13:81
PB (25m pool): 01:13.81 Liedekerke 11/11/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:13.81	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:7, starttime: 09:22
Heat: 7/10 Lane : 8 Athlete: DE BRUYNE BRIEK					Q-time: 01:14:87
PB (25m pool): 01:14.87 Maastricht 30/12/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.14		01:14.87	
	00:34.14 00:40.73				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:10, starttime: 09:27
Heat: 10/10 Lane : 8 Athlete: DHOOGHE LIAM					Q-time: 01:04:64
PB (25m pool): 01:04.64 Maastricht 30/12/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.69		01:04.64	
	00:29.69 00:34.95				
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:2, starttime: 09:33	
Heat: 2/9 Lane : 3 Athlete: DE WULF ALEXINE							Q-time: 02:35:17	
PB (25m pool): 02:35.34 TEMSE 23/11/2025				PB (50m pool): 02:35.17 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		00:36.02		01:15.87		01:56.00		02:35.34
	00:36.02		00:39.85		00:40.13		00:39.34	
								

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:5, starttime: 09:42	
Heat: 5/9 Lane : 6 Athlete: BUYLE LAURE							Q-time: 02:24:42	
PB (25m pool): 02:24.42 LEUVEN 23/11/2025				PB (50m pool): 02:29.30 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		00:34.40		01:12.51		01:49.58		02:24.42
	00:34.40		00:38.11		00:37.07		00:34.84	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:6, starttime: 09:45	
Heat: 6/9 Lane : 5 Athlete: DE SMUL PAULINE							Q-time: 02:21:00	
PB (25m pool): 02:21.00 LEUVEN 23/11/2025				PB (50m pool): 02:23.54SB: 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		00:33.24		01:08.85		01:45.13		02:21.00
	00:33.24		00:35.61		00:36.28		00:35.87	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:6, starttime: 09:45	
Heat: 6/9 Lane : 6 Athlete: BERKEIN ALESSIA							Q-time: 02:21:34	
PB (25m pool): 02:21.34 TEMSE 23/11/2025				PB (50m pool): 02:20.28SB: 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		00:32.22		01:08.05		01:45.03		02:21.34
	00:32.22		00:35.83		00:36.98		00:36.31	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:8, starttime: 09:50	
Heat: 8/9 Lane : 2 Athlete: VLAMIJNCK LORE							Q-time: 02:15:17	
PB (25m pool): 02:15.17 LEUVEN 23/11/2025				PB (50m pool): 02:18.31 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		00:31.37		01:05.88		01:41.17		02:15.17
	00:31.37		00:34.51		00:35.29		00:34.00	
								

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:8, starttime: 09:50	
Heat: 8/9 Lane : 5 Athlete: DE MULDER CHLOë							Q-time: 02:14:05	
PB (25m pool): 02:14.05 T Rosco 12/10/2025				PB (50m pool): 02:17.40SB: 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		00:31.98		01:06.63		01:40.89		02:14.05
	00:31.98		00:34.65		00:34.26		00:33.16	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:8, starttime: 09:50	
Heat: 8/9 Lane : 6 Athlete: RUTSAERT EMILY							Q-time: 02:14:51	
PB (25m pool): 02:15.97 T Rosco 12/10/2025				PB (50m pool): 02:14.51SB: 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		00:31.38		01:06.49		01:42.10		02:15.97
	00:31.38		00:35.11		00:35.61		00:33.87	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:9, starttime: 09:53	
Heat: 9/9 Lane : 3 Athlete: VAN AVONDT LINA							Q-time: 02:07:30	
PB (25m pool): 02:07.30 T Rosco 12/10/2025				PB (50m pool): 02:08.50SB: 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		00:29.61		01:01.31		01:34.22		02:07.30
	00:29.61		00:31.70		00:32.91		00:33.08	
								

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 10:10
Heat: 2/5 Lane : 2 Athlete: DEGRANDE NORE				Q-time: 01:48:32	
PB (25m pool): 01:56.36 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:48.32SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:54.74		01:56.36	
	00:54.74		01:01.62		
					

Coach feedback:

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Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:3, starttime: 10:13
Heat: 3/5 Lane : 3 Athlete: DE VUSSER LAURE					Q-time: 01:39:55
PB (25m pool): 01:42.25 Liedekerke 11/11/2025					PB (50m pool): 01:39.55 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.89		01:42.25	
	00:48.89		00:53.36		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:3, starttime: 10:13
Heat: 3/5 Lane : 4 Athlete: BERKEIN FRANCESCA					Q-time: 01:38:19
PB (25m pool): 01:38.19 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:34.89 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.18		01:38.19	
	00:46.18		00:52.01		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:4, starttime: 10:15
Heat: 4/5 Lane : 1 Athlete: DE MUER ANNA					Q-time: 01:36:73
PB (25m pool): 01:46.24 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:36.73 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.91		01:46.24	
	00:48.91		00:57.33		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:4, starttime: 10:15
Heat: 4/5 Lane : 2 Athlete: VAN DE STEENE LORE					Q-time: 01:35:33
PB (25m pool): 01:35.33 Mons 27/06/2026					PB (50m pool): 01:35.95 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.88		01:35.33	
	00:44.88		00:50.45		
					

Coach feedback:

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Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:4, starttime: 10:15
Heat: 4/5 Lane : 8 Athlete: DE SMET LORE					Q-time: 01:37:73
PB (25m pool): 01:37.73 Mons 27/06/2026			PB (50m pool): 01:38.37 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.68		01:37.73	
	00:46.68		00:51.05		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:5, starttime: 10:17
Heat: 5/5 Lane : 7 Athlete: DE MULDER MAÏTHÉ					Q-time: 01:30:88
PB (25m pool): 01:33.08 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:30.88 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.38		01:33.08	
	00:45.38		00:47.70		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:25
Heat: 3/11 Lane : 4 Athlete: VAN DOORNE ARNO					Q-time: 01:23:48
PB (25m pool): 01:23.48 LAGO Zwevegem 25/05/2026			PB (50m pool): 01:25.76 SB: 01:25.43 BEERNEM 19/09/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.62		01:23.48	
	00:40.62		00:42.86		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 10:32
Heat: 6/11 Lane : 8 Athlete: DE SMET KOBE					Q-time: 01:15:72
PB (25m pool): 01:15.72 Maastricht 30/12/2025			PB (50m pool): 01:16.69 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.51		01:15.72	
	00:36.51		00:39.21		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 10:37
Heat: 8/11 Lane : 4 Athlete: VROMAN FINN					Q-time: 01:10:09
PB (25m pool): 01:10.09 Mons 27/06/2026					PB (50m pool): 01:12.98 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.92		01:10.09	
	00:33.92		00:36.17		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:9, starttime: 10:39
Heat: 9/11 Lane : 2 Athlete: DE BRUYNE BRIEK					Q-time: 01:09:40
PB (25m pool): 01:09.40 LAGO Zwevegem 25/05/2026					PB (50m pool): 01:13.61 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.75		01:09.40	
	00:33.75		00:35.65		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:11, starttime: 10:43
Heat: 11/11 Lane : 8 Athlete: DHOOGE LIAM					Q-time: 01:03:02
PB (25m pool): 01:03.02 LAGO Zwevegem 25/05/2026					PB (50m pool): 01:07.24 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.85		01:03.02	
	00:30.85		00:32.17		
					

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:1, starttime: 10:45	
Heat: 1/3 Lane : 3 Athlete: LONCKE JUTTA							Q-time: 03:08:73	
PB (25m pool): 03:13.02 TEMSE 24/11/2024				PB (50m pool): 03:08.73SB: 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		00:43.21		01:32.33		02:23.31		03:13.02
	00:43.21		00:49.12		00:50.98		00:49.71	
								

Coach feedback:

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Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 10:50	
Heat: 2/3 Lane : 4 Athlete: DE GRAVE LIZE							Q-time: 02:55:10	
PB (25m pool): 02:55.10 T Rosco 12/10/2025				PB (50m pool): 03:03.58SB: 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		00:39.22		01:22.88		02:08.61		02:55.10
	00:39.22		00:43.66		00:45.73		00:46.49	
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 10:53	
Heat: 3/3 Lane : 1 Athlete: BERKEIN ALESSIA							Q-time: 02:52:93	
PB (25m pool): 02:52.93 Temse 17/11/2025				PB (50m pool): 02:56.24SB: 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		00:38.95		01:23.22		02:08.02		02:52.93
	00:38.95		00:44.27		00:44.80		00:44.91	
								

Coach feedback:

Event number: 25: 400M MEDLEY MEN 13+							Heat:1, starttime: 10:57	
Heat: 1/2 Lane : 4 Athlete: VROMAN FINN							Q-time: 05:22:20	
PB (25m pool): no time			PB (50m pool): 05:22.20 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		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: 26: 50M FREESTYLE WOMEN 13+			Heat:5, starttime: 11:14
Heat: 5/11 Lane : 4 Athlete: DE SMUL PAULINE			Q-time: 00:30:56
PB (25m pool): 00:30.56 LEUVEN 23/11/2025			PB (50m pool): 00:31.10 SB: no time
	2 5 M	5 0 M	
PB		00:30.56	
		00:30.56	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:8, starttime: 11:17
Heat: 8/11 Lane : 4 Athlete: DE MULDER CHLOë			Q-time: 00:28:99
PB (25m pool): 00:28.99 Maastricht 30/12/2025			PB (50m pool): 00:30.16 SB: no time
	2 5 M	5 0 M	
PB		00:28.99	
		00:28.99	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:9, starttime: 11:18
Heat: 9/11 Lane : 1 Athlete: RUTSAERT EMILY			Q-time: 00:28:89
PB (25m pool): 00:28.89 Maastricht 30/12/2025			PB (50m pool): 00:29.61 SB: no time
	2 5 M	5 0 M	
PB		00:28.89	
		00:28.89	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:9, starttime: 11:18
Heat: 9/11 Lane : 2 Athlete: VLAMIJNCK LORE			Q-time: 00:28:86
PB (25m pool): 00:28.64 Maastricht 30/12/2024			PB (50m pool): 00:29.37 SB: no time
	2 5 M	5 0 M	
PB		00:28.64	
		00:28.64	
			

Coach feedback:

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

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:9, starttime: 11:18
Heat: 9/11 Lane : 8 Athlete: BUYLE LAURE			Q-time: 00:28:97
PB (25m pool): 00:28.97 LEUVEN 23/11/2025			PB (50m pool): 00:29.59 SB: no time
	2 5 M	5 0 M	
PB		00:28.97	
		00:28.97	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:10, starttime: 11:19
Heat: 10/11 Lane : 7 Athlete: DE GRAVE LIZE			Q-time: 00:28:30
PB (25m pool): 00:28.30 T Rosco 12/10/2025			PB (50m pool): 00:29.48 SB: no time
	2 5 M	5 0 M	
PB		00:28.30	
		00:28.30	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:11, starttime: 11:20
Heat: 11/11 Lane : 2 Athlete: VAN AVONDT LINA			Q-time: 00:27:13
PB (25m pool): 00:27.03 Mons 27/10/2024			PB (50m pool): 00:27.48 SB: no time
	2 5 M	5 0 M	
PB		00:27.03	
		00:27.03	
			

Coach feedback: