

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

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vandermeulen Eric

Coaches: Goossens Nicole HEADCOACH

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

| Event number: 19: 100M MEDLEY MEN 11+       |           |           |           |           | Heat:8, starttime: 09:24           |
|---------------------------------------------|-----------|-----------|-----------|-----------|------------------------------------|
| Heat: 8/10 Lane : 1 Athlete: VANHAVERE DAAN |           |           |           |           | Q-time: 01:11:76                   |
| PB (25m pool): 01:11.76 Zottegem 01/03/2026 |           |           |           |           | PB (50m pool): no time SB: no time |
|                                             | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                    |
| PB                                          |           | no time   |           | 01:11.76  |                                    |
|                                             | no time   |           |           |           |                                    |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 19: 100M MEDLEY MEN 11+      |                   |           |           |           | Heat:8, starttime: 09:24           |
|--------------------------------------------|-------------------|-----------|-----------|-----------|------------------------------------|
| Heat: 8/10 Lane : 8 Athlete: VERHAGEN TOON |                   |           |           |           | Q-time: 01:12:26                   |
| PB (25m pool): 01:12.26 Temse 21/12/2025   |                   |           |           |           | PB (50m pool): no time SB: no time |
|                                            | 2 5 M             | 5 0 M     | 7 5 M     | 1 0 0 M   |                                    |
| PB                                         |                   | 00:34.28  |           | 01:12.26  |                                    |
|                                            | 00:34.28 00:37.98 |           |           |           |                                    |
|                                            | . . . . .         | . . . . . | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 19: 100M MEDLEY MEN 11+       |           |           |           |           | Heat:9, starttime: 09:26           |
|---------------------------------------------|-----------|-----------|-----------|-----------|------------------------------------|
| Heat: 9/10 Lane : 8 Athlete: VERHAGEN ROBBE |           |           |           |           | Q-time: 01:08:46                   |
| PB (25m pool): 01:08.46 Zottegem 01/03/2026 |           |           |           |           | PB (50m pool): no time SB: no time |
|                                             | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                    |
| PB                                          |           | no time   |           | 01:08.46  |                                    |
|                                             | no time   |           |           |           |                                    |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                                    |

Coach feedback:

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

| Event number: 19: 100M MEDLEY MEN 11+                                                        |          |          |          |          | Heat:10, starttime: 09:27 |
|----------------------------------------------------------------------------------------------|----------|----------|----------|----------|---------------------------|
| Heat: 10/10 Lane : 2 Athlete: VAN DE GENDER NILS                                             |          |          |          |          | Q-time: 01:04:44          |
| PB (25m pool): 01:04.44 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): no time SB: no time |          |          |          |          |                           |
|                                                                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                           |
| PB                                                                                           |          | 00:29.37 |          | 01:04.44 |                           |
|                                                                                              | 00:29.37 |          | 00:35.07 |          |                           |
|                                                                                              | .....    | .....    | .....    | .....    |                           |

Coach feedback:

| Event number: 19: 100M MEDLEY MEN 11+                                      |          |          |          |          | Heat:10, starttime: 09:27 |
|----------------------------------------------------------------------------|----------|----------|----------|----------|---------------------------|
| Heat: 10/10 Lane : 4 Athlete: VAN HOEY BILLIET ALEXANDER                   |          |          |          |          | Q-time: 00:54:69          |
| PB (25m pool): 00:54.69 Gent 09/11/2025 PB (50m pool): no time SB: no time |          |          |          |          |                           |
|                                                                            | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                           |
| PB                                                                         |          | 00:25.13 |          | 00:54.69 |                           |
|                                                                            | 00:25.13 |          | 00:29.56 |          |                           |
|                                                                            | .....    | .....    | .....    | .....    |                           |

Coach feedback:

| Event number: 20: 200M FREESTYLE WOMEN 13+                                   |          |          |          |          | Heat:6, starttime: 09:45 |          |          |          |
|------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|----------|----------|----------|
| Heat: 6/9 Lane : 2 Athlete: LAMMENS ALIX                                     |          |          |          |          | Q-time: 02:21:40         |          |          |          |
| PB (25m pool): 02:21.95 TEMSE 23/11/2025 PB (50m pool): 02:21.40 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                                                                           |          | 00:33.58 |          | 01:10.64 |                          | 01:47.69 |          | 02:21.95 |
|                                                                              | 00:33.58 |          | 00:37.06 |          | 00:37.05                 |          | 00:34.26 |          |
|                                                                              | .....    | .....    | .....    | .....    | .....                    | .....    | .....    | .....    |

Coach feedback:

| Event number: 20: 200M FREESTYLE WOMEN 13+                                   |          |          |          |          | Heat:7, starttime: 09:48 |          |          |          |
|------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|----------|----------|----------|
| Heat: 7/9 Lane : 1 Athlete: VAN DAELE JOSEFIEN                               |          |          |          |          | Q-time: 02:20:10         |          |          |          |
| PB (25m pool): 02:20.46 Temse 17/11/2025 PB (50m pool): 02:20.10 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                                                                           |          | 00:32.88 |          | 01:08.37 |                          | 01:44.96 |          | 02:20.46 |
|                                                                              | 00:32.88 |          | 00:35.49 |          | 00:36.59                 |          | 00:35.50 |          |
|                                                                              | .....    | .....    | .....    | .....    | .....                    | .....    | .....    | .....    |

Coach feedback:

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

| Event number: 20: 200M FREESTYLE WOMEN 13+      |           |           |           |                                    |           |           | Heat:7, starttime: 09:48 |           |
|-------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 7/9    Lane : 5    Athlete: WULLAERT FIEN |           |           |           |                                    |           |           | Q-time: 02:17:86         |           |
| PB (25m pool): 02:17.86    TEMSE 23/11/2025     |           |           |           | PB (50m pool): 02:18.06SB: 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                                              |           | 00:31.66  |           | 01:06.98                           |           | 01:43.53  |                          | 02:17.86  |
|                                                 | 00:31.66  |           | 00:35.32  |                                    | 00:36.55  |           | 00:34.33                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 20: 200M FREESTYLE WOMEN 13+             |          |          |          |                                    |          |          | Heat:7, starttime: 09:48 |          |
|--------------------------------------------------------|----------|----------|----------|------------------------------------|----------|----------|--------------------------|----------|
| Heat: 7/9    Lane : 7    Athlete: DE BRABANDER CELESTE |          |          |          |                                    |          |          | Q-time: 02:19:73         |          |
| PB (25m pool): 02:19.73   T Rosco   12/10/2025         |          |          |          | PB (50m pool): 02:19.82SB: 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                                                     |          | 00:32.79 |          | 01:08.74                           |          | 01:45.27 |                          | 02:19.73 |
|                                                        | 00:32.79 |          | 00:35.95 |                                    | 00:36.53 |          | 00:34.46                 |          |
|                                                        | .....    | .....    | .....    | .....                              | .....    | .....    | .....                    | .....    |

Coach feedback:

| Event number: 20: 200M FREESTYLE WOMEN 13+       |           |           |           |                                    |           |           | Heat:9, starttime: 09:53 |           |
|--------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 9/9    Lane : 1    Athlete: DELPORTE LOTTE |           |           |           |                                    |           |           | Q-time: 02:12:31         |           |
| PB (25m pool): 02:12.31   T Rosco   12/10/2025   |           |           |           | PB (50m pool): 02:14.78SB: 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                                               |           | 00:33.15  |           | 01:05.80                           |           | 01:39.34  |                          | 02:12.31  |
|                                                  | 00:33.15  |           | 00:32.65  |                                    | 00:33.54  |           | 00:32.97                 |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 21: 100M BUTTERFLY MEN 13+        |           |           |                                     |                  | Heat:3, starttime: 10:00 |
|-------------------------------------------------|-----------|-----------|-------------------------------------|------------------|--------------------------|
| Heat: 3/6    Lane : 3    Athlete: ROGIERS LOUIS |           |           |                                     | Q-time: 01:14:27 |                          |
| PB (25m pool): 01:14.27    Durmehal 28/02/2026  |           |           | PB (50m pool): 01:16.41 SB: no time |                  |                          |
|                                                 | 2 5 M     | 5 0 M     | 7 5 M                               | 1 0 0 M          |                          |
| PB                                              |           | 00:34.57  |                                     | 01:14.27         |                          |
|                                                 | 00:34.57  |           | 00:39.70                            |                  |                          |
|                                                 | . . . . . | . . . . . | . . . . .                           | . . . . .        |                          |

Coach feedback:

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

| Event number: 21: 100M BUTTERFLY MEN 13+       |          |          |          |          | Heat:3, starttime: 10:00            |
|------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 3/6 Lane : 6 Athlete: BOURDIAUDHY THIBAU |          |          |          |          | Q-time: 01:14:65                    |
| PB (25m pool): 01:14.65 TEMSE 23/11/2025       |          |          |          |          | PB (50m pool): 01:15.11 SB: no time |
|                                                | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                             |          | 00:34.74 |          | 01:14.65 |                                     |
|                                                | 00:34.74 |          | 00:39.91 |          |                                     |
|                                                | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 21: 100M BUTTERFLY MEN 13+             |          |          |          |          | Heat:4, starttime: 10:02            |
|------------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 4/6 Lane : 1 Athlete: VAN HOEY BILLIET RAPHAËL |          |          |          |          | Q-time: 01:11:19                    |
| PB (25m pool): 01:13.33 Gent 23/02/2025              |          |          |          |          | PB (50m pool): 01:11.19 SB: no time |
|                                                      | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                                   |          | 00:34.12 |          | 01:13.33 |                                     |
|                                                      | 00:34.12 |          | 00:39.21 |          |                                     |
|                                                      | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 21: 100M BUTTERFLY MEN 13+                  |          |          |          |          | Heat:6, starttime: 10:06            |
|-----------------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 6/6 Lane : 8 Athlete: VAN DE GENDER WOUT            |          |          |          |          | Q-time: 01:01:56                    |
| PB (25m pool): 01:01.56 Stedelijk Zwembad Geel 15/02/2026 |          |          |          |          | PB (50m pool): 01:02.57 SB: no time |
|                                                           | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                                        |          | 00:28.52 |          | 01:01.56 |                                     |
|                                                           | 00:28.52 |          | 00:33.04 |          |                                     |
|                                                           | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 22: 100M BREASTSTROKE WOMEN 11-12 |          |          |          |          | Heat:3, starttime: 10:13            |
|-------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 3/5 Lane : 2 Athlete: ROGIERS LOTTE       |          |          |          |          | Q-time: 01:43:43                    |
| PB (25m pool): 01:50.96 Sint-Niklaas 28/12/2025 |          |          |          |          | PB (50m pool): 01:43.43 SB: no time |
|                                                 | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                              |          | 00:53.45 |          | 01:50.96 |                                     |
|                                                 | 00:53.45 |          | 00:57.51 |          |                                     |
|                                                 | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

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

| Event number: 22: 100M BREASTSTROKE WOMEN 11-12 |          |          |          |          | Heat:3, starttime: 10:13            |
|-------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 3/5 Lane : 6 Athlete: JANSSENS STERRE     |          |          |          |          | Q-time: 01:42:55                    |
| PB (25m pool): 01:47.67 Sint-Niklaas 28/12/2025 |          |          |          |          | PB (50m pool): 01:42.55 SB: no time |
|                                                 | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                              |          | 00:49.24 |          | 01:47.67 |                                     |
|                                                 | 00:49.24 |          | 00:58.43 |          |                                     |
|                                                 | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 22: 100M BREASTSTROKE WOMEN 11-12 |          |          |          |          | Heat:4, starttime: 10:15            |
|-------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 4/5 Lane : 5 Athlete: VAN DE VYVERE LENA  |          |          |          |          | Q-time: 01:33:67                    |
| PB (25m pool): 01:33.67 Temse 31/05/2026        |          |          |          |          | PB (50m pool): 01:34.39 SB: no time |
|                                                 | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                              |          | 00:44.82 |          | 01:33.67 |                                     |
|                                                 | 00:44.82 |          | 00:48.85 |          |                                     |
|                                                 | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 22: 100M BREASTSTROKE WOMEN 11-12            |          |          |          |          | Heat:5, starttime: 10:17            |
|------------------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 5/5 Lane : 2 Athlete: WULLAERT LIESE                 |          |          |          |          | Q-time: 01:30:36                    |
| PB (25m pool): 01:30.36 Sportoase De Watermolen 21/07/2026 |          |          |          |          | PB (50m pool): 01:33.40 SB: no time |
|                                                            | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                                         |          | 00:42.83 |          | 01:30.36 |                                     |
|                                                            | 00:42.83 |          | 00:47.53 |          |                                     |
|                                                            | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 23: 100M BACKSTROKE MEN 11+                 |          |          |          |          | Heat:7, starttime: 10:35            |
|-----------------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 7/11 Lane : 2 Athlete: VANHAVERE DAAN               |          |          |          |          | Q-time: 01:12:99                    |
| PB (25m pool): 01:12.99 Stedelijk Zwembad Geel 15/02/2026 |          |          |          |          | PB (50m pool): 01:14.34 SB: no time |
|                                                           | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                                        |          | 00:34.87 |          | 01:12.99 |                                     |
|                                                           | 00:34.87 |          | 00:38.12 |          |                                     |
|                                                           | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

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

| Event number: 23: 100M BACKSTROKE MEN 11+       |         |         |       |          | Heat:7, starttime: 10:35            |
|-------------------------------------------------|---------|---------|-------|----------|-------------------------------------|
| Heat: 7/11 Lane : 4 Athlete: BOURDIAUDHY THIBAU |         |         |       |          | Q-time: 01:11:07                    |
| PB (25m pool): 00:43.47 Temse 12/03/2023        |         |         |       |          | PB (50m pool): 01:13.37 SB: no time |
|                                                 | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M  |                                     |
| PB                                              |         | no time |       | 00:43.47 |                                     |
|                                                 | no time |         |       |          |                                     |
|                                                 | .....   | .....   | ..... | .....    |                                     |

Coach feedback:

| Event number: 23: 100M BACKSTROKE MEN 11+  |                   |          |       |          | Heat:7, starttime: 10:35            |
|--------------------------------------------|-------------------|----------|-------|----------|-------------------------------------|
| Heat: 7/11 Lane : 8 Athlete: ROGIERS LOUIS |                   |          |       |          | Q-time: 01:13:92                    |
| PB (25m pool): 01:15.73 Temse 17/11/2025   |                   |          |       |          | PB (50m pool): 01:13.92 SB: no time |
|                                            | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                                     |
| PB                                         |                   | 00:36.95 |       | 01:15.73 |                                     |
|                                            | 00:36.95 00:38.78 |          |       |          |                                     |
|                                            | .....             | .....    | ..... | .....    |                                     |

Coach feedback:

| Event number: 23: 100M BACKSTROKE MEN 11+  |                   |          |       |          | Heat:8, starttime: 10:37            |
|--------------------------------------------|-------------------|----------|-------|----------|-------------------------------------|
| Heat: 8/11 Lane : 1 Athlete: VERHAGEN TOON |                   |          |       |          | Q-time: 01:10:69                    |
| PB (25m pool): 01:11.08 TEMSE 23/11/2025   |                   |          |       |          | PB (50m pool): 01:10.69 SB: no time |
|                                            | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                                     |
| PB                                         |                   | 00:35.18 |       | 01:11.08 |                                     |
|                                            | 00:35.18 00:35.90 |          |       |          |                                     |
|                                            | .....             | .....    | ..... | .....    |                                     |

Coach feedback:

| Event number: 23: 100M BACKSTROKE MEN 11+             |                   |          |       |          | Heat:9, starttime: 10:39            |
|-------------------------------------------------------|-------------------|----------|-------|----------|-------------------------------------|
| Heat: 9/11 Lane : 1 Athlete: VAN HOEY BILLIET RAPHAËL |                   |          |       |          | Q-time: 01:09:56                    |
| PB (25m pool): 01:09.56 Sint-Amandsberg 19/10/2025    |                   |          |       |          | PB (50m pool): 01:10.40 SB: no time |
|                                                       | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                                     |
| PB                                                    |                   | 00:33.89 |       | 01:09.56 |                                     |
|                                                       | 00:33.89 00:35.67 |          |       |          |                                     |
|                                                       | .....             | .....    | ..... | .....    |                                     |

Coach feedback:

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

| Event number: 23: 100M BACKSTROKE MEN 11+        |          |          |          |          | Heat:10, starttime: 10:41           |
|--------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 10/11 Lane : 1 Athlete: VAN DE GENDER NILS |          |          |          |          | Q-time: 01:05:45                    |
| PB (25m pool): 01:04.85 TEMSE 24/11/2024         |          |          |          |          | PB (50m pool): 01:08.03 SB: no time |
|                                                  | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                               |          | 00:31.89 |          | 01:04.85 |                                     |
|                                                  | 00:31.89 |          | 00:32.96 |          |                                     |
|                                                  | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 23: 100M BACKSTROKE MEN 11+                  |          |          |          |          | Heat:10, starttime: 10:41           |
|------------------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 10/11 Lane : 4 Athlete: VERHAGEN ROBBE               |          |          |          |          | Q-time: 01:03:42                    |
| PB (25m pool): 01:03.42 Sportoase De Watermolen 21/07/2026 |          |          |          |          | PB (50m pool): 01:06.60 SB: no time |
|                                                            | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                                         |          | 00:31.00 |          | 01:03.42 |                                     |
|                                                            | 00:31.00 |          | 00:32.42 |          |                                     |
|                                                            | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 23: 100M BACKSTROKE MEN 11+                |          |          |          |          | Heat:11, starttime: 10:43           |
|----------------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 11/11 Lane : 4 Athlete: VAN HOEY BILLIET ALEXANDER |          |          |          |          | Q-time: 00:53:59                    |
| PB (25m pool): 00:53.59 Gent 09/11/2025                  |          |          |          |          | PB (50m pool): 00:56.18 SB: no time |
|                                                          | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                                       |          | 00:25.73 |          | 00:53.59 |                                     |
|                                                          | 00:25.73 |          | 00:27.86 |          |                                     |
|                                                          | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 23: 100M BACKSTROKE MEN 11+        |          |          |          |          | Heat:11, starttime: 10:43           |
|--------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 11/11 Lane : 7 Athlete: VAN DE GENDER WOUT |          |          |          |          | Q-time: 01:00:77                    |
| PB (25m pool): 01:00.77 Temse 31/05/2026         |          |          |          |          | PB (50m pool): 01:04.10 SB: no time |
|                                                  | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                               |          | 00:29.33 |          | 01:00.77 |                                     |
|                                                  | 00:29.33 |          | 00:31.44 |          |                                     |
|                                                  | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

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

| Event number: 24: 200M BREASTSTROKE WOMEN 13+    |           |           |           |                                    |           |           | Heat:2, starttime: 10:50 |           |
|--------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/3    Lane : 8    Athlete: DE SMET AMÉLIE |           |           |           |                                    |           |           | Q-time: 03:00:74         |           |
| PB (25m pool): 03:07.94    TEMSE 23/11/2025      |           |           |           | PB (50m pool): 03:00.74SB: 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                                               |           | 00:43.70  |           | 01:32.97                           |           | 02:20.92  |                          | 03:07.94  |
|                                                  | 00:43.70  |           | 00:49.27  |                                    | 00:47.95  |           | 00:47.02                 |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 26: 50M FREESTYLE WOMEN 13+             |           |  |           |  |  |  | Heat:5, starttime: 11:14            |  |
|-------------------------------------------------------|-----------|--|-----------|--|--|--|-------------------------------------|--|
| Heat: 5/11    Lane : 6    Athlete: DE SMET AMÉLIE     |           |  |           |  |  |  | Q-time: 00:31:17                    |  |
| PB (25m pool): 00:31.17    Sint-Amandsberg 19/10/2025 |           |  |           |  |  |  | PB (50m pool): 00:31.97 SB: no time |  |
|                                                       | 2 5 M     |  | 5 0 M     |  |  |  |                                     |  |
| PB                                                    |           |  | 00:31.17  |  |  |  |                                     |  |
|                                                       |           |  | 00:31.17  |  |  |  |                                     |  |
|                                                       | . . . . . |  | . . . . . |  |  |  |                                     |  |

Coach feedback:

| Event number: 26: 50M FREESTYLE WOMEN 13+       |           |  |           |  |  |  | Heat:6, starttime: 11:15           |  |
|-------------------------------------------------|-----------|--|-----------|--|--|--|------------------------------------|--|
| Heat: 6/11    Lane : 5    Athlete: LAMMENS ALIX |           |  |           |  |  |  | Q-time: 00:30:11                   |  |
| PB (25m pool): 00:30.11    Temse 31/05/2026     |           |  |           |  |  |  | PB (50m pool): 00:31.02SB: no time |  |
| PB                                              | 2 5 M     |  | 5 0 M     |  |  |  |                                    |  |
|                                                 |           |  | 00:30.11  |  |  |  |                                    |  |
|                                                 |           |  | 00:30.11  |  |  |  |                                    |  |
|                                                 | . . . . . |  | . . . . . |  |  |  |                                    |  |

Coach feedback:

| Event number: 26: 50M FREESTYLE WOMEN 13+                                                              |           |  |           |  |  |  | Heat:7, starttime: 11:16 |  |
|--------------------------------------------------------------------------------------------------------|-----------|--|-----------|--|--|--|--------------------------|--|
| Heat: 7/11    Lane : 1    Athlete: VAN DAELE JOSEFIEN                                                  |           |  |           |  |  |  | Q-time: 00:29:88         |  |
| PB (25m pool): 00:29.88    Sportoase De Watermolen    21/07/2026    PB (50m pool): 00:30.30SB: no time |           |  |           |  |  |  |                          |  |
| PB                                                                                                     | 2 5 M     |  | 5 0 M     |  |  |  |                          |  |
|                                                                                                        |           |  | 00:29.88  |  |  |  |                          |  |
|                                                                                                        |           |  | 00:29.88  |  |  |  |                          |  |
|                                                                                                        | . . . . . |  | . . . . . |  |  |  |                          |  |

Coach feedback:

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

| Event number: 26: 50M FREESTYLE WOMEN 13+          |       |          | Heat:7, starttime: 11:16            |
|----------------------------------------------------|-------|----------|-------------------------------------|
| Heat: 7/11 Lane : 7 Athlete: DE BRABANDER CELESTE  |       |          | Q-time: 00:29:80                    |
| PB (25m pool): 00:29.80 Sint-Amandsberg 19/10/2025 |       |          | PB (50m pool): 00:29.99 SB: no time |
|                                                    | 2 5 M | 5 0 M    |                                     |
| PB                                                 |       | 00:29.80 |                                     |
|                                                    |       | 00:29.80 |                                     |
|                                                    | ..... | .....    |                                     |

Coach feedback:

| Event number: 26: 50M FREESTYLE WOMEN 13+          |       |          | Heat:10, starttime: 11:19           |
|----------------------------------------------------|-------|----------|-------------------------------------|
| Heat: 10/11 Lane : 1 Athlete: WULLAERT FIEN        |       |          | Q-time: 00:28:39                    |
| PB (25m pool): 00:28.39 Sint-Amandsberg 19/10/2025 |       |          | PB (50m pool): 00:28.98 SB: no time |
|                                                    | 2 5 M | 5 0 M    |                                     |
| PB                                                 |       | 00:28.39 |                                     |
|                                                    |       | 00:28.39 |                                     |
|                                                    | ..... | .....    |                                     |

Coach feedback:

| Event number: 26: 50M FREESTYLE WOMEN 13+                  |       |          | Heat:10, starttime: 11:19           |
|------------------------------------------------------------|-------|----------|-------------------------------------|
| Heat: 10/11 Lane : 8 Athlete: DELPORTE LOTTE               |       |          | Q-time: 00:28:46                    |
| PB (25m pool): 00:28.46 Sportoase De Watermolen 21/07/2026 |       |          | PB (50m pool): 00:29.88 SB: no time |
|                                                            | 2 5 M | 5 0 M    |                                     |
| PB                                                         |       | 00:28.46 |                                     |
|                                                            |       | 00:28.46 |                                     |
|                                                            | ..... | .....    |                                     |

Coach feedback: