

PK KB OVL 26: Session: 4: COACH evaluation sheet for TEAM: GBZ

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 28: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 14:11
Heat: 6/12 Lane : 2 Athlete: SCHEERS JASMIJN					Q-time: 01:23:70
PB (25m pool): 01:23.70 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		01:23.70	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 14:15
Heat: 8/12 Lane : 4 Athlete: DE WITTE FIEN					Q-time: 01:18:84
PB (25m pool): 01:18.84 Dendermonde 22/11/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:18.84	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:11, starttime: 14:20
Heat: 11/12 Lane : 5 Athlete: HOTTINGER NYAH					Q-time: 01:12:00
PB (25m pool): 01:12.00 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		01:12.00	
	no time				
					

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:3, starttime: 14:31	
Heat: 3/10 Lane : 2 Athlete: LARHDIR RAYAN							Q-time: 02:27:12	
PB (25m pool): 02:27.12 Sint-Niklaas 28/12/2025				PB (50m pool): no time 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		00:33.53		01:10.76		no time		02:27.12
	00:33.53		00:37.23					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:9, starttime: 14:48	
Heat: 9/10 Lane : 7 Athlete: DE RYCK SEPPE							Q-time: 02:04:70	
PB (25m pool): 02:04.70 Sint-Niklaas 28/12/2025				PB (50m pool): 02:05.64SB: 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		00:29.28		01:01.03		no time		02:04.70
	00:29.28		00:31.75					
								

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+										Heat:6, starttime: 15:23	
Heat: 6/12 Lane : 6 Athlete: SCHEERS JASMIJN										Q-time: 01:20:15	
PB (25m pool): 01:20.15 BEERNEM 19/09/2026					PB (50m pool): 01:23.80					SB: 01:20.15 BEERNEM 19/09/2026	
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:39.00				01:20.15				
	00:39.00				00:41.15						
											

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:4, starttime: 16:10	
Heat: 4/11 Lane : 6 Athlete: LARHDIR RAYAN							Q-time: 00:29:32	
PB (25m pool): 00:29.50 Sint-Niklaas 28/12/2025							PB (50m pool): 00:29.32 SB: no time	
	2 5 M		5 0 M					
PB			00:29.50					
			00:29.50					
								

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:8, starttime: 16:14
Heat: 8/11 Lane : 4 Athlete: DE RYCK SEPPE			Q-time: 00:26:77
PB (25m pool): 00:26.83 Lokeren 28/09/2025			PB (50m pool): 00:26.77 SB: no time
	2 5 M	5 0 M	
PB		00:26.83	
		00:26.83	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:3, starttime: 16:20
Heat: 3/5 Lane : 5 Athlete: DE WITTE FIEN			Q-time: 00:38:89
PB (25m pool): 00:38.89 Gent 23/02/2025			PB (50m pool): 00:39.51 SB: no time
	2 5 M	5 0 M	
PB		00:38.89	
		00:38.89	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:3, starttime: 16:20
Heat: 3/5 Lane : 7 Athlete: HOTTINGER NYAH			Q-time: 00:40:29
PB (25m pool): 00:39.36 Sinbad 06/10/2024			PB (50m pool): 00:41.18 SB: no time
	2 5 M	5 0 M	
PB		00:39.36	
		00:39.36	
			

Coach feedback: