

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

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 28: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 14:02
Heat: 2/12 Lane : 3 Athlete: DE MUER ANNA					Q-time: 01:38:64
PB (25m pool): 01:38.15 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		01:38.15	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 14:02
Heat: 2/12 Lane : 6 Athlete: DEGRANDE NORE					Q-time: 01:39:32
PB (25m pool): 01:39.32 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		01:39.32	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:05
Heat: 3/12 Lane : 7 Athlete: DE MULDER MAÏTHÉ					Q-time: 01:34:48
PB (25m pool): 01:34.48 TEMSE 30/03/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.07		01:34.48	
	00:46.07 00:48.41				
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 14:09
Heat: 5/12 Lane : 8 Athlete: BERKEIN FRANCESCA					Q-time: 01:29:63
PB (25m pool): 01:29.63 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		01:29.63	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 14:15
Heat: 8/12 Lane : 2 Athlete: DE WULF ALEXINE					Q-time: 01:19:38
PB (25m pool): 01:19.38 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		00:36.34		01:19.38	
	00:36.34 00:43.04				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 14:16
Heat: 9/12 Lane : 4 Athlete: LONCKE JUTTA					Q-time: 01:15:92
PB (25m pool): 01:15.92 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		00:34.56		01:15.92	
	00:34.56 00:41.36				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 14:16
Heat: 9/12 Lane : 5 Athlete: BUYLE LAURE					Q-time: 01:16:04
PB (25m pool): 01:16.04 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		01:16.04	
	no time				
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 14:18
Heat: 10/12 Lane : 1 Athlete: BERKEIN ALESSIA					Q-time: 01:15:46
PB (25m pool): 01:15.46 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		01:15.46	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 14:18
Heat: 10/12 Lane : 4 Athlete: DE MULDER CHLOë					Q-time: 01:13:41
PB (25m pool): 01:13.41 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		01:13.41	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 14:18
Heat: 10/12 Lane : 6 Athlete: VLAMIJNCK LORE					Q-time: 01:14:22
PB (25m pool): 01:13.38 Maastricht 30/12/2024 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.96		01:13.38	
	00:33.96		00:39.42		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:11, starttime: 14:20
Heat: 11/12 Lane : 2 Athlete: RUTSAERT EMILY					Q-time: 01:12:35
PB (25m pool): 01:12.35 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		00:33.40		01:12.35	
	00:33.40		00:38.95		
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:12, starttime: 14:22
Heat: 12/12 Lane : 5 Athlete: VAN AVONDT LINA					Q-time: 01:07:73
PB (25m pool): 01:07.73 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		00:30.62		01:07.73	
	00:30.62		00:37.11		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:12, starttime: 14:22
Heat: 12/12 Lane : 8 Athlete: DE GRAVE LIZE					Q-time: 01:11:74
PB (25m pool): 01:11.74 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		00:33.71		01:11.74	
	00:33.71		00:38.03		
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:4, starttime: 14:34	
Heat: 4/10 Lane : 5 Athlete: DE BRUYNE BRIEK							Q-time: 02:21:24	
PB (25m pool): 02:21.24 TEMSE 23/11/2025				PB (50m pool): 02:26.84SB: 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		00:32.23		01:08.02		01:44.68		02:21.24
	00:32.23		00:35.79		00:36.66		00:36.56	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:4, starttime: 14:34	
Heat: 4/10 Lane : 7 Athlete: DE SMET KOBE							Q-time: 02:23:70	
PB (25m pool): 02:23.70 T Rosco 12/10/2025			PB (50m pool): 02:25.48SB: 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		00:33.79		01:10.67		01:47.83		02:23.70
	00:33.79		00:36.88		00:37.16		00:35.87	
								

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:5, starttime: 14:37	
Heat: 5/10 Lane : 8 Athlete: DEGRANDE VIC							Q-time: 02:20:25	
PB (25m pool): 02:20.25 TEMSE 23/11/2025				PB (50m pool): 02:23.56SB: 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		00:32.25		01:08.01		01:44.38		02:20.25
	00:32.25		00:35.76		00:36.37		00:35.87	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:10, starttime: 14:50	
Heat: 10/10 Lane : 4 Athlete: DHOOGHE LIAM							Q-time: 01:57:36	
PB (25m pool): 01:57.36 LEUVEN 23/11/2025				PB (50m pool): 02:01.47 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		00:27.19		00:57.03		01:27.44		01:57.36
	00:27.19		00:29.84		00:30.41		00:29.92	
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:4, starttime: 14:59
Heat: 4/5 Lane : 1 Athlete: DE SMUL PAULINE				Q-time: 01:14:59	
PB (25m pool): 01:14.59 Maastricht 30/12/2025			PB (50m pool): 01:17.59SB: no time		
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:33.73		01:14.59	
	00:33.73		00:40.86		
					

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:5, starttime: 15:01
Heat: 5/5 Lane : 3 Athlete: VAN AVONDT LINA				Q-time: 01:04:78	
PB (25m pool): 01:04.78 LAGO Zwevegem 25/05/2026				PB (50m pool): 01:08.60SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.53		01:04.78	
	00:30.53		00:34.25		
					

Coach feedback:

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Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:2, starttime: 15:05
Heat: 2/3 Lane : 4 Athlete: VAN DOORNE ARNO					Q-time: 01:42:98
PB (25m pool): 01:42.98 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:41.63 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.97		01:42.98	
	00:48.97		00:54.01		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:13
Heat: 2/12 Lane : 3 Athlete: DE SMET LORE					Q-time: 01:33:85
PB (25m pool): 01:33.28 BEERNEM 19/09/2026					PB (50m pool): 01:33.85 SB: 01:33.28 BEERNEM 19/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.96		01:33.28	
	00:45.96		00:47.32		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:13
Heat: 2/12 Lane : 4 Athlete: DEGRANDE NORE					Q-time: 01:33:02
PB (25m pool): 01:33.02 LAGO Zwevegem 25/05/2026					PB (50m pool): 01:38.25 SB: 01:33.39 BEERNEM 19/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.38		01:33.02	
	00:45.38		00:47.64		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:16
Heat: 3/12 Lane : 8 Athlete: VAN DE STEENE LORE					Q-time: 01:32:93
PB (25m pool): 01:32.93 LAGO Zwevegem 25/05/2026					PB (50m pool): 01:39.00 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.87		01:32.93	
	00:46.87		00:46.06		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 15:18
Heat: 4/12 Lane : 6 Athlete: DE VUSSER LAURE					Q-time: 01:26:92
PB (25m pool): 01:26.92 Mons 27/06/2026			PB (50m pool): 01:29.62 SB: 01:27.45 BEERNEM 19/09/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.78		01:26.92	
	00:42.78		00:44.14		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 15:21
Heat: 5/12 Lane : 1 Athlete: BERKEIN FRANCESCA					Q-time: 01:23:60
PB (25m pool): 01:23.60 Mons 27/06/2026			PB (50m pool): 01:26.86 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.20		01:23.60	
	00:41.20		00:42.40		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 15:21
Heat: 5/12 Lane : 7 Athlete: DE MUER ANNA					Q-time: 01:23:42
PB (25m pool): 01:23.42 LAGO Zwevegem 25/05/2026			PB (50m pool): 01:26.90 SB: 01:23.71 BEERNEM 19/09/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.99		01:23.42	
	00:40.99		00:42.43		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 15:23
Heat: 6/12 Lane : 5 Athlete: DE MULDER MAÏTHÉ					Q-time: 01:19:60
PB (25m pool): 01:19.60 LAGO Zwevegem 25/05/2026			PB (50m pool): 01:20.15 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.66		01:19.60	
	00:38.66		00:40.94		
					

Coach feedback:

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

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 15:28
Heat: 8/12 Lane : 8 Athlete: DE WULF ALEXINE					Q-time: 01:16:04
PB (25m pool): 01:16.04 Mons 27/06/2026			PB (50m pool): 01:19.31 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.18		01:16.04	
	00:37.18		00:38.86		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 15:30
Heat: 9/12 Lane : 4 Athlete: LONCKE JUTTA					Q-time: 01:13:95
PB (25m pool): 01:13.95 Maastricht 30/12/2025			PB (50m pool): 01:15.23 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.76		01:13.95	
	00:36.76		00:37.19		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 15:32
Heat: 10/12 Lane : 5 Athlete: DE MULDER CHLOë					Q-time: 01:12:07
PB (25m pool): 01:12.07 Maastricht 30/12/2025			PB (50m pool): 01:15.28 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.71		01:12.07	
	00:34.71		00:37.36		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 15:32
Heat: 10/12 Lane : 6 Athlete: BUYLE LAURE					Q-time: 01:12:23
PB (25m pool): 01:12.23 LAGO Zwevegem 25/05/2026			PB (50m pool): 01:16.24 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.85		01:12.23	
	00:34.85		00:37.38		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 15:35
Heat: 11/12 Lane : 2 Athlete: DE SMUL PAULINE					Q-time: 01:11:60
PB (25m pool): 01:11.60 T Rosco 12/10/2025					PB (50m pool): 01:14.43 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:11.60	
	no time				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 15:35
Heat: 11/12 Lane : 7 Athlete: VLAMIJNCK LORE					Q-time: 01:11:61
PB (25m pool): 01:11.12 TEMSE 24/11/2024					PB (50m pool): 01:13.15 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.86		01:11.12	
	00:34.86 00:36.26				
					

Coach feedback:

Event number: 34: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 16:00
Heat: 2/2 Lane : 3 Athlete: RUTSAERT EMILY							Q-time: 05:21:34
PB (25m pool): no time				PB (50m pool): 05:21.34 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:

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

Event number: 34: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 16:00	
Heat: 2/2 Lane : 6 Athlete: VAN AVONDT LINA							Q-time: 05:22:90	
PB (25m pool): no time			PB (50m pool): 05:22.90SB: 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:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:2, starttime: 16:08	
Heat: 2/11 Lane : 5 Athlete: DE SMET KOBE							Q-time: 00:30:47	
PB (25m pool): 00:30.47 LEUVEN 23/11/2025							PB (50m pool): 00:31.42SB: no time	
	2 5 M		5 0 M					
PB			00:30.47					
	00:30.47							
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+										Heat:3, starttime: 16:09	
Heat: 3/11 Lane : 7 Athlete: DEGRANDE VIC										Q-time: 00:30:26	
PB (25m pool): 00:30.26 LEUVEN 23/11/2025										PB (50m pool): 00:31.20SB: no time	
PB	2 5 M		5 0 M								
			00:30.26								
			00:30.26								
											

Coach feedback:

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

Event number: 35: 50M FREESTYLE MEN 13+			Heat:4, starttime: 16:10
Heat: 4/11 Lane : 8 Athlete: VROMAN FINN			Q-time: 00:29:40
PB (25m pool): 00:29.40 Maastricht 30/12/2025			PB (50m pool): 00:29.90 SB: no time
	2 5 M	5 0 M	
PB		00:29.40	
		00:29.40	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:5, starttime: 16:11
Heat: 5/11 Lane : 1 Athlete: DE BRUYNE BRIEK			Q-time: 00:28:78
PB (25m pool): 00:28.78 LEUVEN 23/11/2025			PB (50m pool): 00:29.82 SB: no time
	2 5 M	5 0 M	
PB		00:28.78	
		00:28.78	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:11, starttime: 16:16
Heat: 11/11 Lane : 1 Athlete: DHOOG LIAM			Q-time: 00:25:16
PB (25m pool): 00:25.16 T Rosco 12/10/2025			PB (50m pool): 00:25.70 SB: no time
	2 5 M	5 0 M	
PB		00:25.16	
		00:25.16	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 16:19
Heat: 2/5 Lane : 2 Athlete: DE WULF ALEXINE			Q-time: 00:43:67
PB (25m pool): 00:47.99 Maastricht 30/12/2024			PB (50m pool): 00:46.27 SB: no time
	2 5 M	5 0 M	
PB		00:47.99	
		00:47.99	
			

Coach feedback:

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Event number: 36: 50M BREASTSTROKE WOMEN 13+							Heat:4, starttime: 16:22	
Heat: 4/5 Lane : 8 Athlete: LONCKE JUTTA							Q-time: 00:38:78	
PB (25m pool): 00:38.78 Maastricht 30/12/2025							PB (50m pool): 00:39.91 SB: no time	
	2 5 M		5 0 M					
PB			00:38.78					
			00:38.78					
								

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+							Heat:5, starttime: 16:23	
Heat: 5/5 Lane : 1 Athlete: DE GRAVE LIZE							Q-time: 00:36:66	
PB (25m pool): 00:36.66 Mons 27/06/2026							PB (50m pool): 00:38.08SB: no time	
	2 5 M		5 0 M					
PB			00:36.66					
			00:36.66					
								

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+							Heat:5, starttime: 16:23	
Heat: 5/5 Lane : 2 Athlete: BERKEIN ALESSIA							Q-time: 00:36:49	
PB (25m pool): 00:36.49 Mons 27/06/2026							PB (50m pool): 00:38.24SB: no time	
PB	2 5 M		5 0 M					
			00:36.49					
			00:36.49					
								

Coach feedback:

Event number: 37: 4x50M MEDLEY MEN 11+				Heat:2, starttime: 16:37			
Heat: 2/2 Lane : 1 Athlete: TEAM STA 1				Q-time: 02:08:00			
PB (25m pool):		PB (50m pool):		SB:			
	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							
							

Coach feedback:

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

Event number: 38: 4x50M MEDLEY WOMEN 11+							Heat:2, starttime: 16:43	
Heat: 2/2 Lane : 3 Athlete: TEAM STA 1							Q-time: 02:05:00	
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback: