

Memoreal Anteonis 26: Session: 1: COACH evaluation sheet for TEAM: SWEM

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ 08:45 The listed starttimes are indicative!

Coaches: Dierickx Kaat HEADCOACH

Coaches: De Letter Gerard

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

Event number: 1: 50M BREASTSTROKE WOMEN 11-17			Heat:2, starttime: 09:01
Heat: 2/11 Lane : 7 Athlete: COWIE EMMA			Q-time: 00:55:19
PB (25m pool): 00:55.19 Lokeren 28/09/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:55.19	
	00:55.19		
			

Coach feedback:

Event number: 1: 50M BREASTSTROKE WOMEN 11-17			Heat:5, starttime: 09:05
Heat: 5/11 Lane : 1 Athlete: VAN GOETHEM LOTTE			Q-time: 00:45:47
PB (25m pool): no time			PB (50m pool): 00:42.68 SB: no time
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 1: 50M BREASTSTROKE WOMEN 11-17			Heat:6, starttime: 09:07
Heat: 6/11 Lane : 2 Athlete: COWIE LORE			Q-time: 00:43:86
PB (25m pool): 00:43.86 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:45.89 SB: no time
	2 5 M	5 0 M	
PB		00:43.86	
	00:43.86		
			

Coach feedback:

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Event number: 1: 50M BREASTSTROKE WOMEN 11-17			Heat:8, starttime: 09:09
Heat: 8/11 Lane : 0 Athlete: THIELEMANS MAXINE			Q-time: 00:42:00
PB (25m pool): 00:45.10 Lokeren 29/09/2024			PB (50m pool): 00:40.73 SB: no time
	2 5 M	5 0 M	
PB		00:45.10	
	00:45.10		
			

Coach feedback:

Event number: 1: 50M BREASTSTROKE WOMEN 11-17			Heat:8, starttime: 09:09
Heat: 8/11 Lane : 6 Athlete: COLPAERT JULIE			Q-time: 00:41:41
PB (25m pool): 00:41.41 Lokeren 28/09/2025			PB (50m pool): 00:51.11 SB: no time
	2 5 M	5 0 M	
PB		00:41.41	
	00:41.41		
			

Coach feedback:

Event number: 1: 50M BREASTSTROKE WOMEN 11-17			Heat:9, starttime: 09:10
Heat: 9/11 Lane : 8 Athlete: DE WINTER LORE			Q-time: 00:39:70
PB (25m pool): 00:39.70 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:41.28 SB: 00:40.32 Durmechal 27/09/2026
	2 5 M	5 0 M	
PB		00:39.70	
	00:39.70		
			

Coach feedback:

Event number: 2: 50M BREASTSTROKE MEN 11-17			Heat:3, starttime: 09:16
Heat: 3/10 Lane : 5 Athlete: HEYNZE OTIS			Q-time: 00:48:06
PB (25m pool): 00:56.07 WAREGEM 30/09/2023			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:56.07	
	00:56.07		
			

Coach feedback:

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Event number: 3: 50M FREESTYLE WOMEN 11-17			Heat:2, starttime: 09:26
Heat: 2/16 Lane : 2 Athlete: COLPAERT LEONIE			Q-time: 00:41:23
PB (25m pool): no time			PB (50m pool): 00:37.94 SB: no time
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 3: 50M FREESTYLE WOMEN 11-17			Heat:3, starttime: 09:28
Heat: 3/16 Lane : 0 Athlete: COWIE EMMA			Q-time: 00:38:68
PB (25m pool): 00:38.68 Zottegem 01/03/2026			PB (50m pool): 00:36.43 SB: no time
	2 5 M	5 0 M	
PB		00:38.68	
	00:38.68		
			

Coach feedback:

Event number: 3: 50M FREESTYLE WOMEN 11-17			Heat:8, starttime: 09:33
Heat: 8/16 Lane : 9 Athlete: DE MAEIJER ELENA			Q-time: 00:32:76
PB (25m pool): 00:32.16 EEKLO 04/10/2026			PB (50m pool): 00:33.18 SB: 00:32.16 EEKLO 04/10/2026
	2 5 M	5 0 M	
PB		00:32.16	
	00:32.16		
			

Coach feedback:

Event number: 3: 50M FREESTYLE WOMEN 11-17			Heat:10, starttime: 09:35
Heat: 10/16 Lane : 1 Athlete: COWIE LORE			Q-time: 00:31:42
PB (25m pool): 00:31.42 Zottegem 01/03/2026			PB (50m pool): 00:31.64 SB: no time
	2 5 M	5 0 M	
PB		00:31.42	
	00:31.42		
			

Coach feedback:

Memoreal Anteunis 26: Session: 1: COACH evaluation sheet for TEAM: SWEM

Event number: 3: 50M FREESTYLE WOMEN 11-17			Heat:10, starttime: 09:35
Heat: 10/16 Lane : 8 Athlete: COLPAERT JULIE			Q-time: 00:31:43
PB (25m pool): 00:31.43 Lokeren 28/09/2025			PB (50m pool): 00:31.81 SB: 00:32.16 EEKLO 04/10/2026
	2 5 M	5 0 M	
PB		00:31.43	
		00:31.43	
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 11-17			Heat:2, starttime: 09:42
Heat: 2/13 Lane : 4 Athlete: HEYNZE OTIS			Q-time: 00:35:90
PB (25m pool): 00:36.85 TEMSE 30/03/2025			PB (50m pool): 00:33.20 SB: no time
	2 5 M	5 0 M	
PB		00:36.85	
		00:36.85	
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11-17			Heat:7, starttime: 10:01
Heat: 7/11 Lane : 5 Athlete: VAN GOETHEM LOTTE			Q-time: 00:34:88
PB (25m pool): 00:34.88 BEERNEM 19/09/2026			PB (50m pool): 00:37.98 SB: 00:34.88 BEERNEM 19/09/2026
	2 5 M	5 0 M	
PB		00:34.88	
		00:34.88	
			

Coach feedback:

Event number: 7: 50M BACKSTROKE WOMEN 11-17			Heat:3, starttime: 10:20
Heat: 3/11 Lane : 2 Athlete: COWIE EMMA			Q-time: 00:46:57
PB (25m pool): 00:48.97 Lokeren 28/09/2025			PB (50m pool): 00:45.68 SB: no time
	2 5 M	5 0 M	
PB		00:48.97	
		00:48.97	
			

Coach feedback:

Memoreal Anteunis 26: Session: 1: COACH evaluation sheet for TEAM: SWEM

Event number: 7: 50M BACKSTROKE WOMEN 11-17			Heat:3, starttime: 10:20
Heat: 3/11 Lane : 8 Athlete: COLPAERT LEONIE			Q-time: 00:48:13
PB (25m pool): no time			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 7: 50M BACKSTROKE WOMEN 11-17			Heat:6, starttime: 10:25
Heat: 6/11 Lane : 1 Athlete: DE MAEIJER ELENA			Q-time: 00:39:67
PB (25m pool): 00:39.67 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:39.06 SB: no time
	2 5 M	5 0 M	
PB		00:39.67	
	00:39.67		
			

Coach feedback:

Event number: 7: 50M BACKSTROKE WOMEN 11-17			Heat:6, starttime: 10:25
Heat: 6/11 Lane : 3 Athlete: COLPAERT JULIE			Q-time: 00:39:14
PB (25m pool): 00:39.14 Dendermonde. 22/11/2025			PB (50m pool): 00:41.11 SB: no time
	2 5 M	5 0 M	
PB		00:39.14	
	00:39.14		
			

Coach feedback:

Event number: 7: 50M BACKSTROKE WOMEN 11-17			Heat:7, starttime: 10:27
Heat: 7/11 Lane : 2 Athlete: VAN GOETHEM LOTTE			Q-time: 00:38:17
PB (25m pool): 00:40.13 Lokeren 28/09/2025			PB (50m pool): 00:37.52 SB: no time
	2 5 M	5 0 M	
PB		00:40.13	
	00:40.13		
			

Coach feedback:

Memoreal Anteunis 26: Session: 1: COACH evaluation sheet for TEAM: SWEM

Event number: 8: 50M BACKSTROKE MEN 11-17							Heat:3, starttime: 10:37	
Heat: 3/9 Lane : 4 Athlete: HEYNZE OTIS							Q-time: 00:41:87	
PB (25m pool): 00:41.87 Lokeren 28/09/2025				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M						
PB		00:41.87						
	00:41.87							
								

Coach feedback:

Event number: 9: 400M FREESTYLE WOMEN 11-17							Heat:4, starttime: 11:09	
Heat: 4/12 Lane : 8 Athlete: THIELEMANS MAXINE							Q-time: 06:06:92	
PB (25m pool): 06:06.92 Zaventem 21/06/2025				PB (50m pool): 05:56.06 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		01:27.52		no time		03:01.99
	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		06:06.92
								

Coach feedback:

Event number: 9: 400M FREESTYLE WOMEN 11-17							Heat:5, starttime: 11:16	
Heat: 5/12 Lane : 2 Athlete: DE WINTER LORE							Q-time: 05:45:00	
PB (25m pool): 05:30.15 EEKLO 04/10/2026				PB (50m pool): 05:45.00SB: 05:30.15 EEKLO 04/10/2026				
	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		01:16.79		no time		02:42.13
	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		05:30.15
								

Coach feedback: