

Memoreal Anteunis 26: Session: 3: COACH evaluation sheet for TEAM: LZV

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

Coaches: Jacobs Ella

Coaches: Jansen Elke

Coaches: Van Achter Rudy HEADCOACH

PB => Personal Best time

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

Event number: 19: 200M BREASTSTROKE WOMEN 11-17							Heat:2, starttime: 09:04	
Heat: 2/9 Lane : 7 Athlete: LAMMENS YELISA							Q-time: 03:56:38	
PB (25m pool): no time			PB (50m pool): 03:56.38SB: 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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 19: 200M BREASTSTROKE WOMEN 11-17							Heat:3, starttime: 09:09	
Heat: 3/9 Lane : 0 Athlete: DE NIL KAAAT							Q-time: 03:45:23	
PB (25m pool): no time			PB (50m pool): 03:45.23 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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 21: 200M BACKSTROKE WOMEN 11-17							Heat:2, starttime: 10:15	
Heat: 2/11 Lane : 5 Athlete: PHILIPS NOé							Q-time: 03:47:47	
PB (25m pool): 03:47.47 Lokeren 05/04/2025			PB (50m pool): 03:45.88SB: 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		00:51.27		01:50.27		02:51.77		03:47.47
	00:51.27		00:59.00		01:01.50		00:55.70	
								

Coach feedback:

Memoreal Anteunis 26: Session: 3: COACH evaluation sheet for TEAM: LZV

Event number: 22: 200M BACKSTROKE MEN 11-17							Heat:5, starttime: 11:09	
Heat: 5/8 Lane : 8 Athlete: VERHENNE TIM							Q-time: 02:40:09	
PB (25m pool): 02:40.09 TEMSE 23/11/2025				PB (50m pool): 03:02.26 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		00:36.91		01:18.24		01:59.57		02:40.09
	00:36.91		00:41.33		00:41.33		00:40.52	
								

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:2, starttime: 11:41	
Heat: 2/19 Lane : 4 Athlete: LAMMENS YELISA							Q-time: 03:12:25	
PB (25m pool): no time			PB (50m pool): 03:12.25 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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:3, starttime: 11:45	
Heat: 3/19 Lane : 9 Athlete: DE NIL KAAT							Q-time: 03:09:48	
PB (25m pool): no time			PB (50m pool): 03:09.48 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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:4, starttime: 11:48	
Heat: 4/19 Lane : 2 Athlete: PHILIPS NOé							Q-time: 02:50:77	
PB (25m pool): 02:50.77 Durmehal 27/09/2026				PB (50m pool): 02:58.42 SB: 02:50.77 Durmehal 27/09/2026				
	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		00:36.70		01:20.55		02:10.14		02:50.77
	00:36.70		00:43.85		00:49.59		00:40.63	
								

Coach feedback:

Memoreal Anteunis 26: Session: 3: COACH evaluation sheet for TEAM: LZV

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:14, starttime: 12:19	
Heat: 14/19 Lane : 7 Athlete: JACOBS EVA							Q-time: 02:23:07	
PB (25m pool): 02:32.67 Lokeren 28/09/2025				PB (50m pool): 02:23.07 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		00:33.30		01:12.72		01:53.64		02:32.67
	00:33.30		00:39.42		00:40.92		00:39.03	
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:1, starttime: 12:35	
Heat: 1/16 Lane : 4 Athlete: YILDIZ AMMAR							Q-time: 03:33:56	
PB (25m pool): 03:33.56 Dendermonde. 22/11/2025				PB (50m pool): 03:28.48 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		00:42.62		01:36.14		no time		03:33.56
	00:42.62		00:53.52					
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:2, starttime: 12:39	
Heat: 2/16 Lane : 4 Athlete: GOOSSENS HENDRIK							Q-time: 02:58:95	
PB (25m pool): 02:58.95 Durmehal 27/09/2026				PB (50m pool): 03:14.70 SB: 02:58.95 Durmehal 27/09/2026				
	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		00:40.87		01:28.30		02:16.26		02:58.95
	00:40.87		00:47.43		00:47.96		00:42.69	
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:5, starttime: 12:49	
Heat: 5/16 Lane : 7 Athlete: HEIJL RUBEN							Q-time: 02:35:96	
PB (25m pool): 02:35.96 Lokeren 05/04/2025				PB (50m pool): 02:52.61 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		00:33.94		01:14.04		01:56.26		02:35.96
	00:33.94		00:40.10		00:42.22		00:39.70	
								

Coach feedback:

Memoreal Anteunis 26: Session: 3: COACH evaluation sheet for TEAM: LZV

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:11, starttime: 13:07	
Heat: 11/16 Lane : 8 Athlete: VERHENNE TIM							Q-time: 02:16:44	
PB (25m pool): 02:06.29 EEKLO 04/10/2026				PB (50m pool): 02:11.66 SB: 02:06.29 EEKLO 04/10/2026				
	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		00:29.31		02:01.05		no time		02:06.29
	00:29.31		01:31.74					
								

Coach feedback: