Regiocrit. OVL Dag2: Session: 1: COACH evaluation sheet for TEAM: DDZZ

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

Coaches: Claeys Jack HEADCOACH

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

Event number: 2: 50M BACKSTROKE WOMEN 11+ Heat:10, starttime: 14:20

Heat: 10/13 Lane : 3 Athlete: VAN LOOCKE LAURENCE **Q-time: 00:38:51**

PB (25m pool): 00:39.91 Kapellen 02/11/2025 **PB (50m pool):** 00:38.51 **SB:** no time

	2 5 M	5 0 M	
PB		00:39.91	
		00:39.91	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 50M BACKSTROKE MEN 11+ Heat:5, starttime: 14:30

Heat: 5/11 Lane : 5 Athlete: VANDEKERCKHOVE VICTOR **Q-time: 00:44:86**

PB (25m pool): 00:45.31 Durmehal 28/02/2026 **PB (50m pool):** 00:44.86 **SB:** no time

	2 5 M	5 0 M	
PB		00:45.31	
		00:45.31	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 50M BACKSTROKE MEN 11+ Heat:7, starttime: 14:35

Heat: 7/11 Lane : 4 Athlete: GRUNEWALD JASPER **Q-time: 00:38:63**

PB (25m pool): 00:38.63 Durmehal 27/09/2026 **PB (50m pool):** 00:41.06 **SB:** 00:38.63 Durmehal 27/09/2026

	2 5 M	5 0 M	
PB		00:38.63	
		00:38.63	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Regiocrit. OVL Dag2: Session: 1: COACH evaluation sheet for TEAM: DDZZ

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:3, starttime: 14:40

Heat: 3/14 Lane : 6 Athlete: VAN DE STEENE NELLE — **Q-time: 01:24:15**

PB (25m pool): 01:24.15 Eeklo 21/09/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.64		01:24.15	
		00:39.64		*00:44.51*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:5, starttime: 14:45

Heat: 5/14 Lane : 3 Athlete: BAUWENS AURéLINE — **Q-time: 01:18:71**

PB (25m pool): 01:18.71 Eeklo 06/04/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:36.75		01:18.71	
		00:36.75		*00:41.96*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:9, starttime: 14:50

Heat: 9/14 Lane : 3 Athlete: VAN LOOCKE LAURENCE — **Q-time: 01:11:56**

PB (25m pool): 01:11.56 Durmehal 27/09/2026 **PB (50m pool):** 01:10.30 **SB:** 01:11.56 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:34.15		01:11.56	
		00:34.15		*00:37.41*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:13, starttime: 15:00

Heat: 13/14 Lane : 4 Athlete: PETEREYNS LIEKE — **Q-time: 01:07:31**

PB (25m pool): 01:07.31 Eeklo 21/09/2025 **PB (50m pool):** 01:13.00 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.17		01:07.31	
		00:32.17		*00:35.14*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Regiocrit. OVL Dag2: Session: 1: COACH evaluation sheet for TEAM: DDZZ

Event number: 5: 100M FREESTYLE MEN 11+ — Heat:4, starttime: 15:05

Heat: 4/12 Lane : 1 Athlete: VANDEKERCKHOVE VICTOR — **Q-time: 01:21:07**

PB (25m pool): 01:21.07 Temse 21/12/2025 **PB (50m pool):** 01:35.90 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.07		01:21.07	
		00:39.07		*00:42.00*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ — Heat:6, starttime: 15:10

Heat: 6/12 Lane : 3 Athlete: GRUNEWALD JASPER — **Q-time: 01:14:09**

PB (25m pool): 01:14.09 Durmehal 28/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.99		01:14.09	
		00:35.99		*00:38.10*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 4x50M FREESTYLE WOMEN 11+ — Heat:2, starttime: 15:25

Heat: 2/3 Lane : 4 Athlete: TEAM DDZZ 1 — **Q-time: 02:13:12**

PB (25m pool): **PB (50m pool):** **SB:**

	25 M	50 M	75 M	100	125	150	175	200 M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 200M MEDLEY MEN 11+ — Heat:7, starttime: 16:45

Heat: 7/13 Lane : 5 Athlete: GRUNEWALD JASPER — **Q-time: 02:55:26**

PB (25m pool): 02:55.26 Eeklo 06/04/2026 **PB (50m pool):** 03:15.72 **SB:** 02:57.22 Durmehal 27/09/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.95		no time		no time		02:55.26
		00:37.95						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Regiocrit. OVL Dag2: Session: 1: COACH evaluation sheet for TEAM: DDZZ

Event number: 10: 200M MEDLEY WOMEN 11+ — Heat:2, starttime: 17:10

Heat: 2/17 Lane : 6 Athlete: BAUWENS AURéLINE — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ — Heat:6, starttime: 17:25

Heat: 6/17 Lane : 1 Athlete: VAN DE STEENE NELLE — **Q-time: 03:24:62**

PB (25m pool): 03:30.40 Sinbad 05/10/2025 **PB (50m pool):** 03:24.62 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:46.39		no time		no time		03:30.40
		00:46.39						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ — Heat:16, starttime: 18:00

Heat: 16/17 Lane : 6 Athlete: WILLEMS INNE — **Q-time: 02:51:32**

PB (25m pool): 02:51.32 Durmehal 28/02/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:39.64		01:24.95		02:13.53		02:51.32
		00:39.64		*00:45.31*		*00:48.58*		*00:37.79*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ — Heat:17, starttime: 18:05

Heat: 17/17 Lane : 6 Athlete: PETEREYNS LIEKE — **Q-time: 02:48:54**

PB (25m pool): 02:48.54 Sinbad 05/10/2025 **PB (50m pool):** 02:58.74 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:35.25		no time		no time		02:48.54
		00:35.25						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: