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

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

Coaches: De Waele Tatiana HEADCOACH

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

Event number: 2: 50M BACKSTROKE WOMEN 11+ Heat:7, starttime: 14:20

Heat: 7/13 Lane : 5 Athlete: JANSSENS ANNELOE | **Q-time: 00:44:22**

PB (25m pool): 00:44.22 Herentals 09/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		00:44.22	
		00:44.22	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/11 Lane : 1 Athlete: GANSEMAN JACK | **Q-time: 00:45:19**

PB (25m pool): 00:45.19 Dendermonde. 22/11/2025 **PB (50m pool):** 00:45.46 **SB:** no time

	25 M	50 M	
PB		00:45.19	
		00:45.19	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 50M BACKSTROKE MEN 11+ Heat:6, starttime: 14:30

Heat: 6/11 Lane : 2 Athlete: DE WINTER REMI | **Q-time: 00:42:10**

PB (25m pool): 00:42.10 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 00:42.10 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:42.10	
		00:42.10	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 7/11 Lane : 1 Athlete: CLEYNENS STAF — **Q-time: 00:39:35**

PB (25m pool): 00:39.35 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 00:39.35 Sint-Amandsberg 18/10/2026

	25 M	50 M
PB		00:39.35
	00:39.35	
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/14 Lane : 2 Athlete: VAN GEERT MARTHE — **Q-time: 01:19:42**

PB (25m pool): 01:19.42 Durmehal 27/09/2026 **PB (50m pool):** 01:20.33 **SB:** 01:19.42 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M
PB		00:37.96		01:19.42
		00:37.96		*00:41.46*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:8, starttime: 14:50

Heat: 8/14 Lane : 1 Athlete: CEULEMANS AMINA — **Q-time: 01:13:95**

PB (25m pool): 01:13.95 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:15.08 **SB:** 01:13.95 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M
PB		00:35.41		01:13.95
		00:35.41		*00:38.54*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:8, starttime: 14:50

Heat: 8/14 Lane : 4 Athlete: HOFMAN LILY — **Q-time: 01:13:30**

PB (25m pool): 01:14.61 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:13.30 **SB:** 01:14.61 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M
PB		00:36.19		01:14.61
		00:36.19		*00:38.42*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:11, starttime: 14:55

Heat: 11/14 Lane : 4 Athlete: HOFMAN ROSE — **Q-time: 01:09:49**

PB (25m pool): 01:09.49 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:10.78 **SB:** 01:09.49 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.91		01:09.49	
		00:32.91		*00:36.58*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:12, starttime: 14:55

Heat: 12/14 Lane : 1 Athlete: VAN BIESEN ELLA — **Q-time: 01:08:62**

PB (25m pool): 01:08.62 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 01:10.36 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.22		01:08.62	
		00:33.22		*00:35.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:14, starttime: 15:00

Heat: 14/14 Lane : 5 Athlete: SMET ALINE — **Q-time: 01:06:34**

PB (25m pool): 01:06.34 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:09.17 **SB:** 01:06.34 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.49		01:06.34	
		00:31.49		*00:34.85*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:14, starttime: 15:00

Heat: 14/14 Lane : 6 Athlete: VANDEN BERGHE YANA — **Q-time: 01:06:67**

PB (25m pool): 01:06.67 Durmehal 27/09/2026 **PB (50m pool):** 01:09.50 **SB:** 01:06.67 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:31.57		01:06.67	
		00:31.57		*00:35.10*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 5: 100M FREESTYLE MEN 11+ — Heat:7, starttime: 15:10

Heat: 7/12 Lane : 6 Athlete: DE WINTER MAXIM — **Q-time: 01:13:72**

PB (25m pool): 01:13.72 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:18.99 **SB:** 01:13.72 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.70		01:13.72	
		00:34.70		*00:39.02*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ — Heat:12, starttime: 15:20

Heat: 12/12 Lane : 4 Athlete: VAN DEN ABBEELE TOON — **Q-time: 00:58:30**

PB (25m pool): 00:58.30 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:01.66 **SB:** 00:58.30 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.21		00:58.30	
		00:28.21		*00:30.09*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/3 Lane : 1 Athlete: TEAM DZO 2 — **Q-time: 02:21:73**

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

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

Coach feedback:

Event number: 6: 4x50M FREESTYLE WOMEN 11+ — Heat:3, starttime: 15:25

Heat: 3/3 Lane : 1 Athlete: TEAM DZO 1 — **Q-time: 02:10:68**

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

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

Coach feedback:

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

Event number: 7: 400M FREESTYLE MEN 11-12 — Heat:2, starttime: 15:40

Heat: 2/4 Lane : 4 Athlete: DE WINTER REMI — **Q-time: 07:02:26**

PB (25m pool): 07:02.26 Dendermonde. 22/11/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:46.80		01:40.77		no time		03:30.77
		00:46.80		*00:53.97*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB		no time		no time		no time		07:02.26
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 11-12 — Heat:3, starttime: 15:50

Heat: 3/4 Lane : 1 Athlete: GANSEMAN JACK — **Q-time: 06:35:43**

PB (25m pool): 06:35.43 Dendermonde 22/11/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		01:35.54		no time		03:16.58
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB		no time		no time		no time		06:35.43
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 11-12 — Heat:4, starttime: 15:55

Heat: 4/4 Lane : 1 Athlete: CLEYNENS STAF — **Q-time: 06:10:51**

PB (25m pool): 06:10.51 Sint-Amandsberg 19/10/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:44.36		01:32.26		02:19.04		03:07.10
		00:44.36		*00:47.90*		*00:46.78*		*00:48.06*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB		03:53.19		04:39.15		05:26.45		06:10.51
		00:46.09		*00:45.96*		*00:47.30*		*00:44.06*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 8: 400M FREESTYLE WOMEN 11-12 — Heat:2, starttime: 16:10

Heat: 2/2 Lane : 2 Athlete: JANSSENS ANNELOE — **Q-time: 06:55:42**

PB (25m pool): 06:55.42 Aartselaar 01/11/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		01:39.28		no time		03:27.70
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	225M	250M	275M	300	325	350	375	400M
PB		no time		no time		no time		06:55.42
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 200M MEDLEY MEN 11+ — Heat:5, starttime: 16:35

Heat: 5/13 Lane : 6 Athlete: DE WINTER MAXIM — **Q-time: 03:24:76**

PB (25m pool): 03:24.76 Sinbad 05/10/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:51.02		no time		no time		03:24.76
		00:51.02						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 200M MEDLEY MEN 11+ — Heat:11, starttime: 16:55

Heat: 11/13 Lane : 2 Athlete: HOFMAN OTIS — **Q-time: 02:37:40**

PB (25m pool): 02:37.40 Sint-Niklaas 28/12/2025 **PB (50m pool):** 02:49.00 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:34.25		no time		no time		02:37.40
		00:34.25						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 9: 200M MEDLEY MEN 11+ — Heat:11, starttime: 16:55

Heat: 11/13 Lane : 4 Athlete: VAN DEN ABBEELE TOON — **Q-time: 02:36:96**

PB (25m pool): 02:36.96 Sint-Niklaas 28/12/2025 **PB (50m pool):** 02:45.57 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:33.56		no time		no time		02:36.96
		00:33.56						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ — Heat:8, starttime: 17:35

Heat: 8/17 Lane : 2 Athlete: VAN GEERT MARTHE — **Q-time: 03:16:09**

PB (25m pool): no time **PB (50m pool):** 03:16.09 **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:8, starttime: 17:35

Heat: 8/17 Lane : 6 Athlete: CEULEMANS AMINA — **Q-time: 03:17:34**

PB (25m pool): 03:17.34 Sint-Niklaas 28/12/2025 **PB (50m pool):** 03:17.94 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:46.42		no time		no time		03:17.34
		00:46.42						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ — Heat:10, starttime: 17:40

Heat: 10/17 Lane : 5 Athlete: HOFMAN LILY — **Q-time: 03:09:49**

PB (25m pool): 03:09.49 Sint-Niklaas 28/12/2025 **PB (50m pool):** 03:13.31 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:43.22		no time		no time		03:09.49
		00:43.22						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 10: 200M MEDLEY WOMEN 11+ **Heat:12, starttime: 17:50**

Heat: 12/17 Lane : 1 Athlete: HOFMAN ROSE **Q-time: 03:00:81**

PB (25m pool): 03:00.81 Sint-Niklaas 28/12/2025 **PB (50m pool):** 03:05.58 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:42.49		no time		no time		03:00.81
		00:42.49						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ **Heat:13, starttime: 17:50**

Heat: 13/17 Lane : 6 Athlete: SMET ALINE **Q-time: 02:59:66**

PB (25m pool): 02:59.66 Sinbad 05/10/2025 **PB (50m pool):** 03:02.54 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:43.15		no time		no time		02:59.66
		00:43.15						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ **Heat:15, starttime: 18:00**

Heat: 15/17 Lane : 5 Athlete: VANDEN BERGHE YANA **Q-time: 02:53:49**

PB (25m pool): 02:53.49 Sinbad 05/10/2025 **PB (50m pool):** 02:54.08 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:39.32		no time		no time		02:53.49
		00:39.32						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ **Heat:15, starttime: 18:00**

Heat: 15/17 Lane : 6 Athlete: VAN BIESEN ELLA **Q-time: 02:54:33**

PB (25m pool): 02:54.33 Sint-Niklaas 28/12/2025 **PB (50m pool):** 02:59.95 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:37.10		no time		no time		02:54.33
		00:37.10						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 11: 4x50M FREESTYLE MEN 11+ **Heat:1, starttime: 18:10**

Heat: 1/2 Lane : 3 Athlete: TEAM DZO 1 **Q-time: 02:08:10**

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

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

Coach feedback: