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

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

Coaches: Van Mieghem Evelien HEADCOACH

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

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

Heat: 5/14 Lane : 6 Athlete: PHILIPS NOé **Q-time: 01:20:32**

PB (25m pool): 01:25.01 Temse 21/12/2025 **PB (50m pool):** 01:20.32 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.34		01:25.01	
		00:39.34		*00:45.67*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ Heat:3, starttime: 15:05

Heat: 3/12 Lane : 2 Athlete: GOOSSENS HENDRIK **Q-time: 01:25:23**

PB (25m pool): no time **PB (50m pool):** 01:25.23 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ Heat:8, starttime: 15:15

Heat: 8/12 Lane : 3 Athlete: HEIJL RUBEN **Q-time: 01:07:08**

PB (25m pool): 01:07.08 Durmehal 27/09/2026 **PB (50m pool):** 01:16.84 **SB:** 01:07.08 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:31.67		01:07.08	
		00:31.67		*00:35.41*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 5: 100M FREESTYLE MEN 11+ — Heat:9, starttime: 15:15

Heat: 9/12 Lane : 1 Athlete: DE RYBEL ANTHONY — **Q-time: 01:06:91**

PB (25m pool): 01:06.91 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:14.61 **SB:** 01:06.91 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.17		01:06.91	
		00:31.17		*00:35.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/12 Lane : 5 Athlete: LAMMENS XANDER — **Q-time: 01:01:18**

PB (25m pool): 01:00.62 Eeklo 16/10/2022 **PB (50m pool):** 01:02.18 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:00.62	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 12/12 Lane : 2 Athlete: FELIES JARNE — **Q-time: 00:58:46**

PB (25m pool): 00:58.46 EEKLO 04/10/2026 **PB (50m pool):** 00:59.94 **SB:** 00:58.46 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.35		00:58.46	
		00:28.35		*00:30.11*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 200M MEDLEY MEN 11+ — Heat:2, starttime: 16:25

Heat: 2/13 Lane : 4 Athlete: HEIJL RUBEN — **Q-time: 99:99:99**

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

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

Coach feedback:

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

Event number: 9: 200M MEDLEY MEN 11+ — Heat:3, starttime: 16:30

Heat: 3/13 Lane : 6 Athlete: LAMMENS XANDER — **Q-time: 99:99:99**

PB (25m pool): 02:31.85 Sinbad 26/03/2023 **PB (50m pool):** 02:40.05 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		02:31.85
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 200M MEDLEY MEN 11+ — Heat:4, starttime: 16:30

Heat: 4/13 Lane : 4 Athlete: GOOSSENS HENDRIK — **Q-time: 03:27:84**

PB (25m pool): no time **PB (50m pool):** 03:27.84 **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: 9: 200M MEDLEY MEN 11+ — Heat:8, starttime: 16:45

Heat: 8/13 Lane : 2 Athlete: DE RYBEL ANTHONY — **Q-time: 02:50:37**

PB (25m pool): 02:50.37 Durmehal 28/02/2026 **PB (50m pool):** 02:53.52 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:40.04		01:24.00		02:11.68		02:50.37
		00:40.04		*00:43.96*		*00:47.68*		*00:38.69*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 200M MEDLEY MEN 11+ — Heat:12, starttime: 17:00

Heat: 12/13 Lane : 2 Athlete: VAN LAERE JUUL — **Q-time: 02:31:91**

PB (25m pool): 02:31.91 Durmehal 28/02/2026 **PB (50m pool):** 02:49.81 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:31.52		01:09.71		01:56.69		02:31.91
		00:31.52		*00:38.19*		*00:46.98*		*00:35.22*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 9: 200M MEDLEY MEN 11+ — Heat:13, starttime: 17:00

Heat: 13/13 Lane : 6 Athlete: FELIES JARNE — **Q-time: 02:30:92**

PB (25m pool): 02:30.92 EEKLO 04/10/2026 — **PB (50m pool):** 02:58.95 **SB:** 02:30.92 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:32.53		no time		no time		02:30.92
		00:32.53						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ — Heat:5, starttime: 17:25

Heat: 5/17 Lane : 2 Athlete: PHILIPS NOé — **Q-time: 03:31:32**

PB (25m pool): no time — **PB (50m pool):** 03:31.32 **SB:** no time

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

Coach feedback: