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

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

Coaches: Van Cauwenberghe Kirsten HEADCOACH

Coaches: Devriese Boris

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

Event number: 2: 50M BACKSTROKE WOMEN 11+ Heat:2, starttime: 14:15

Heat: 2/13 Lane : 3 Athlete: DE MUNSTER ANOA | **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 2: 50M BACKSTROKE WOMEN 11+ Heat:3, starttime: 14:15

Heat: 3/13 Lane : 1 Athlete: RUYSSEN MERYL LOUISE MINGLAN | **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 2: 50M BACKSTROKE WOMEN 11+ Heat:4, starttime: 14:15

Heat: 4/13 Lane : 2 Athlete: DE BOSSCHERE RENéE | **Q-time: 99:99:99**

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

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

Coach feedback:

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

Event number: 2: 50M BACKSTROKE WOMEN 11+ Heat:4, starttime: 14:15

Heat: 4/13 Lane : 6 Athlete: COMMISSARIS AMéLIE **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 2: 50M BACKSTROKE WOMEN 11+ Heat:5, starttime: 14:15

Heat: 5/13 Lane : 5 Athlete: DE KETELAERE FEBE **Q-time: 00:49:24**

PB (25m pool): no time **PB (50m pool):** 00:49.24 **SB:** no time

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

Coach feedback:

Event number: 2: 50M BACKSTROKE WOMEN 11+ Heat:6, starttime: 14:20

Heat: 6/13 Lane : 5 Athlete: MAENHOUT FARAH **Q-time: 00:46:39**

PB (25m pool): no time **PB (50m pool):** 00:46.39 **SB:** no time

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

Coach feedback:

Event number: 2: 50M BACKSTROKE WOMEN 11+ Heat:8, starttime: 14:20

Heat: 8/13 Lane : 6 Athlete: BERTE LISE **Q-time: 00:43:19**

PB (25m pool): 00:43.19 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 00:44.79 **SB:** no time

	25M	50M	
PB		00:43.19	
		00:43.19	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 2: 50M BACKSTROKE WOMEN 11+ — Heat:12, starttime: 14:25

Heat: 12/13 Lane : 3 Athlete: CARLIER ALICE — **Q-time: 00:36:08**

PB (25m pool): 00:36.08 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 00:37.60 **SB:** 00:37.60 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:36.08	
		00:36.08	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 50M BACKSTROKE WOMEN 11+ — Heat:12, starttime: 14:25

Heat: 12/13 Lane : 6 Athlete: VAN LIERDE ROOS — **Q-time: 00:37:45**

PB (25m pool): 00:37.45 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:38.57 **SB:** 00:37.45 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:37.45	
		00:37.45	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 50M BACKSTROKE MEN 11+ — Heat:1, starttime: 14:25

Heat: 1/11 Lane : 2 Athlete: LEFèVRE SEPPE — **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 3: 50M BACKSTROKE MEN 11+ — Heat:1, starttime: 14:25

Heat: 1/11 Lane : 5 Athlete: BAUWENS LEON — **Q-time: 99:99:99**

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

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

Coach feedback:

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

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

Heat: 7/11 Lane : 2 Athlete: VAN LIERDE DAAN — **Q-time: 00:38:83**

PB (25m pool): 00:38.83 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:43.94 **SB:** 00:38.83 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:38.83	
	00:38.83		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/11 Lane : 5 Athlete: VAN NIEUWENHUYZE LUKAS — **Q-time: 00:39:08**

PB (25m pool): 00:47.72 Sint-Amandsberg 27/10/2024 **PB (50m pool):** 00:39.08 **SB:** no time

	25 M	50 M	
PB		00:47.72	
	00:47.72		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 50M BACKSTROKE MEN 11+ — Heat:10, starttime: 14:35

Heat: 10/11 Lane : 5 Athlete: DE REGGE MATTEO — **Q-time: 00:34:11**

PB (25m pool): 00:34.11 EEKLO 04/10/2026 **PB (50m pool):** 00:36.72 **SB:** 00:34.11 EEKLO 04/10/2026

	25 M	50 M	
PB		00:34.11	
	00:34.11		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/14 Lane : 1 Athlete: VAN DE WALLE NORA — **Q-time: 01:09:76**

PB (25m pool): 01:09.76 EEKLO 04/10/2026 **PB (50m pool):** 01:10.06 **SB:** 01:09.76 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.84		01:09.76	
	00:32.84		*00:36.92*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 13/14 Lane : 3 Athlete: CARLIER ALICE — **Q-time: 01:07:03**

PB (25m pool): 01:07.03 LEUVEN 23/11/2025 **PB (50m pool):** 01:07.47 **SB:** 01:07.94 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.28		01:07.03	
	00:32.28		*00:34.75*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ — Heat:2, starttime: 15:05

Heat: 2/12 Lane : 5 Athlete: BAUWENS LEON — **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 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/12 Lane : 4 Athlete: BOAST ALEXANDER — **Q-time: 01:23:00**

PB (25m pool): 01:24.69 Eeklo 19/04/2026 **PB (50m pool):** 01:23.00 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:40.56		01:24.69	
	00:40.56		*00:44.13*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/12 Lane : 4 Athlete: CARLIER REMI — **Q-time: 01:16:22**

PB (25m pool): 01:16.22 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 01:17.43 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:36.43		01:16.22	
	00:36.43		*00:39.79*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 6: 4x50M FREESTYLE WOMEN 11+ — Heat:1, starttime: 15:20

Heat: 1/3 Lane : 5 Athlete: TEAM OZEKA 1 — **Q-time: 02:31:50**

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

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

Coach feedback:

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

Heat: 4/4 Lane : 2 Athlete: VAN LIERDE DAAN — **Q-time: 05:47:66**

PB (25m pool): **05:47.66** **Sportoase De Watermolen 21/07/2026** **PB (50m pool):** 06:26.71 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:37.37		01:21.83		02:07.82		02:53.03
		00:37.37		*00:44.46*		*00:45.99*		*00:45.21*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:37.55		04:22.83		05:05.58		05:47.66
		00:44.52		*00:45.28*		*00:42.75*		*00:42.08*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 200M MEDLEY MEN 11+ — Heat:1, starttime: 16:20

Heat: 1/13 Lane : 2 Athlete: CARLIER REMI — **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:

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

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

Heat: 3/13 Lane : 3 Athlete: LEFèVRE SEPPE — **Q-time: 03:43:77**

PB (25m pool): no time **PB (50m pool):** 03:43.77 **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:4, starttime: 16:30

Heat: 4/13 Lane : 1 Athlete: BOAST ALEXANDER — **Q-time: 03:33:06**

PB (25m pool): 03:33.06 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:53.35		01:48.49		02:48.14		03:33.06
		00:53.35		*00:55.14*		*00:59.65*		*00:44.92*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 200M MEDLEY MEN 11+ — Heat:8, starttime: 16:45

Heat: 8/13 Lane : 4 Athlete: DE REGGE MATTEO — **Q-time: 02:49:62**

PB (25m pool): 02:49.62 Temse 31/05/2026 **PB (50m pool):** 03:03.77 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:36.64		01:19.90		02:10.12		02:49.62
		00:36.64		*00:43.26*		*00:50.22*		*00:39.50*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 200M MEDLEY MEN 11+ — Heat:9, starttime: 16:50

Heat: 9/13 Lane : 1 Athlete: VAN NIEUWENHUYZE LUKAS — **Q-time: 02:48:60**

PB (25m pool): 02:48.60 EEKLO 04/10/2026 **PB (50m pool):** 03:00.90 **SB:** 02:48.60 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:37.51		no time		no time		02:48.60
		00:37.51						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 10: 200M MEDLEY WOMEN 11+ **Heat:1, starttime: 17:05**

Heat: 1/17 Lane : 2 Athlete: DE MUNSTER ANOA **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:

Event number: 10: 200M MEDLEY WOMEN 11+ **Heat:1, starttime: 17:05**

Heat: 1/17 Lane : 3 Athlete: COMMISSARIS AMéLIE **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:

Event number: 10: 200M MEDLEY WOMEN 11+ **Heat:1, starttime: 17:05**

Heat: 1/17 Lane : 4 Athlete: RUYSSEN MERYL LOUISE MINGLAN **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:

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

Heat: 2/17 Lane : 1 Athlete: MAENHOUT FARAH **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: OZEKA

Event number: 10: 200M MEDLEY WOMEN 11+ — Heat:4, starttime: 17:20

Heat: 4/17 Lane : 1 Athlete: BELAEN ELISABETH — **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:4, starttime: 17:20

Heat: 4/17 Lane : 5 Athlete: DE BOSSCHERE RENéE — **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:5, starttime: 17:25

Heat: 5/17 Lane : 6 Athlete: DE KETELAERE FEBE — **Q-time: 03:35:37**

PB (25m pool): 03:35.37 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** 03:40.58 **SB:** 03:35.96 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:50.58		01:49.26		02:47.93		03:35.37
	00:50.58		*00:58.68*		*00:58.67*		*00:47.44*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 6/17 Lane : 5 Athlete: BERTE LISE — **Q-time: 03:23:85**

PB (25m pool): 03:23.85 Sinbad 05/10/2025 **PB (50m pool):** 03:26.77 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:47.26		no time		no time		03:23.85
	00:47.26							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 10/17 Lane : 6 Athlete: VAN DE WALLE NORA — **Q-time: 03:10:86**

PB (25m pool): 03:11.80 Gent 23/02/2025 **PB (50m pool):** 03:10.86 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:42.96		01:32.63		02:29.83		03:11.80
		00:42.96		*00:49.67*		*00:57.20*		*00:41.97*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 15/17 Lane : 1 Athlete: VAN LIERDE ROOS — **Q-time: 02:54:28**

PB (25m pool): 02:54.28 EEKLO 04/10/2026 **PB (50m pool):** 03:00.20 **SB:** 02:54.28 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:35.81		no time		no time		02:54.28
		00:35.81						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/2 Lane : 2 Athlete: TEAM OZEKA 1 — **Q-time: 02:10:66**

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

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

Coach feedback: