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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

Coaches: Braem Jade

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

Event number: 1: 200M MEDLEY MIXED 10-9 Heat:2, starttime: 14:05

Heat: 2/3 Lane : 3 Athlete: MADHI MAHER **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: 1: 200M MEDLEY MIXED 10-9 Heat:3, starttime: 14:10

Heat: 3/3 Lane : 1 Athlete: LAVA ROBYN **Q-time: 03:40:27**

PB (25m pool): 03:44.09 Sinbad 05/10/2025 **PB (50m pool):** 03:40.27 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:50.89		no time		no time		03:44.09
	00:50.89							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 1: 200M MEDLEY MIXED 10-9 Heat:3, starttime: 14:10

Heat: 3/3 Lane : 4 Athlete: COLE DEMEYERE CARA **Q-time: 03:32:39**

PB (25m pool): no time **PB (50m pool):** 03:32.39 **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: STW

Event number: 2: 50M BACKSTROKE WOMEN 11+ **Heat:1, starttime: 14:10**

Heat: 1/13 Lane : 2 Athlete: VERHULST AMBER **Q-time: 99:99:99**

PB (25m pool): 00:41.61 DENDERMONDE. 23/11/2024 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		00:41.61	
		00:41.61	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 50M BACKSTROKE WOMEN 11+ **Heat:1, starttime: 14:10**

Heat: 1/13 Lane : 3 Athlete: THOMAS LENA **Q-time: 99:99:99**

PB (25m pool): 00:38.56 Temse 22/12/2024 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		00:38.56	
		00:38.56	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/13 Lane : 2 Athlete: BOURFA SALMA **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: 2: 50M BACKSTROKE WOMEN 11+ **Heat:4, starttime: 14:15**

Heat: 4/13 Lane : 1 Athlete: POYA SANAH **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: STW

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

Heat: 4/13 Lane : 3 Athlete: SMET LIM **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: 2: 50M BACKSTROKE WOMEN 11+ **Heat:4, starttime: 14:15**

Heat: 4/13 Lane : 4 Athlete: DE BREUCK MARIE **Q-time: 99:99:99**

PB (25m pool): 00:38.51 Temse 22/12/2024 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		00:38.51	
	00:38.51		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/13 Lane : 5 Athlete: MARTENS WINNE **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: 2: 50M BACKSTROKE WOMEN 11+ **Heat:5, starttime: 14:15**

Heat: 5/13 Lane : 3 Athlete: VAN DER GUCHT LOTTE **Q-time: 00:46:97**

PB (25m pool): no time **PB (50m pool):** 00:46.97 **SB:** no time

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

Coach feedback:

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

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

Heat: 5/13 Lane : 4 Athlete: VERCAUTEREN LIENA — **Q-time: 00:47:13**

PB (25m pool): 00:47.13 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 00:47.13 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:47.13	
		00:47.13	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/13 Lane : 5 Athlete: VAN HUL EMMA — **Q-time: 00:39:09**

PB (25m pool): 00:39.09 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:39.94 **SB:** 00:39.09 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:39.09	
		00:39.09	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/13 Lane : 1 Athlete: PUNZO MICHELLE — **Q-time: 00:38:40**

PB (25m pool): 00:38.40 Durmehal 27/09/2026 **PB (50m pool):** 00:41.51 **SB:** 00:38.40 Durmehal 27/09/2026

	25 M	50 M	
PB		00:38.40	
		00:38.40	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/13 Lane : 6 Athlete: DE HERT JANNE — **Q-time: 00:38:45**

PB (25m pool): 00:38.45 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:43.17 **SB:** 00:38.45 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:38.45	
		00:38.45	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 3: 50M BACKSTROKE MEN 11+ Heat:4, starttime: 14:30

Heat: 4/11 Lane : 2 Athlete: AMGHAR YOUNES **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:5, starttime: 14:30

Heat: 5/11 Lane : 6 Athlete: MARTENS YWEIN **Q-time: 99:99:99**

PB (25m pool): 00:43.36 Sinbad 06/10/2024 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		00:43.36	
		00:43.36	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/11 Lane : 1 Athlete: VERHAGEN MIEL **Q-time: 00:43:73**

PB (25m pool): 00:52.03 DENDERMONDE. 23/11/2024 **PB (50m pool):** 00:43.73 **SB:** no time

	25 M	50 M	
PB		00:52.03	
		00:52.03	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/11 Lane : 4 Athlete: COGEN ALEX **Q-time: 00:41:83**

PB (25m pool): 00:44.79 Sinbad 05/10/2025 **PB (50m pool):** 00:41.83 **SB:** no time

	25 M	50 M	
PB		00:44.79	
		00:44.79	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:2, starttime: 14:40

Heat: 2/14 Lane : 1 Athlete: MARTENS WINNE — **Q-time: 01:27:27**

PB (25m pool): 01:27.27 Temse 31/05/2026 **PB (50m pool):** no time **SB:** 01:28.57 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:40.41		01:27.27	
		00:40.41		*00:46.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:2, starttime: 14:40

Heat: 2/14 Lane : 4 Athlete: POYA SANAH — **Q-time: 01:25:69**

PB (25m pool): 01:25.69 Durmehal 27/09/2026 **PB (50m pool):** no time **SB:** 01:25.69 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:40.37		01:25.69	
		00:40.37		*00:45.32*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:2, starttime: 14:40

Heat: 2/14 Lane : 6 Athlete: VERCAUTEREN LIENA — **Q-time: 01:29:35**

PB (25m pool): 01:29.35 Durmehal 28/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:43.14		01:29.35	
		00:43.14		*00:46.21*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/14 Lane : 3 Athlete: SMET LIM — **Q-time: 01:21:93**

PB (25m pool): 01:21.93 Durmehal 28/02/2026 **PB (50m pool):** 01:20.58 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:37.71		01:21.93	
		00:37.71		*00:44.22*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/14 Lane : 5 Athlete: VAN DER GUCHT LOTTE — **Q-time: 01:23:78**

PB (25m pool): 01:23.78 Eeklo 19/04/2026 **PB (50m pool):** 01:29.06 **SB:** 01:25.51 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:39.73		01:23.78	
		00:39.73		*00:44.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:6, starttime: 14:45

Heat: 6/14 Lane : 1 Athlete: BOURFA SALMA — **Q-time: 01:18:39**

PB (25m pool): 01:18.39 Durmehal 27/09/2026 **PB (50m pool):** 01:21.55 **SB:** 01:18.39 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:37.27		01:18.39	
		00:37.27		*00:41.12*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/14 Lane : 2 Athlete: VERHULST AMBER — **Q-time: 01:13:47**

PB (25m pool): 01:13.08 Temse 18/02/2024 **PB (50m pool):** 01:17.20 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:13.08	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/14 Lane : 3 Athlete: THOMAS LENA — **Q-time: 01:13:03**

PB (25m pool): 01:09.78 Sinbad 14/01/2024 **PB (50m pool):** 01:16.80 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:09.78	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 9/14 Lane : 2 Athlete: DE HERT JANNE — **Q-time: 01:11:86**

PB (25m pool): 01:11.86 Durmehal 27/09/2026 — **PB (50m pool):** 01:15.22 **SB:** 01:11.86 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:35.65		01:11.86	
		00:35.65		*00:36.21*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 14/14 Lane : 1 Athlete: VAN HUL EMMA — **Q-time: 01:06:64**

PB (25m pool): 01:06.64 Temse 31/05/2026 — **PB (50m pool):** 01:09.39 **SB:** 01:08.06 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.65		01:06.64	
		00:32.65		*00:33.99*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 14/14 Lane : 4 Athlete: DE BREUCK MARIE — **Q-time: 01:05:80**

PB (25m pool): 01:05.80 Eeklo 19/04/2026 — **PB (50m pool):** no time **SB:** 01:07.24 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.71		01:05.80	
		00:31.71		*00:34.09*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/12 Lane : 5 Athlete: AMGHAR YOUNES — **Q-time: 01:15:03**

PB (25m pool): 01:15.03 Durmehal 27/09/2026 — **PB (50m pool):** 01:22.19 **SB:** 01:15.03 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:35.56		01:15.03	
		00:35.56		*00:39.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 7/12 Lane : 1 Athlete: VERHAGEN MIEL — **Q-time: 01:12:08**

PB (25m pool): 01:12.08 Durmehal 27/09/2026 **PB (50m pool):** no time **SB:** 01:12.08 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:34.40		01:12.08	
		00:34.40		*00:37.68*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/12 Lane : 6 Athlete: COGEN ALEX — **Q-time: 01:08:57**

PB (25m pool): 01:08.57 Eeklo 19/04/2026 **PB (50m pool):** 01:09.92 **SB:** 01:10.00 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.10		01:08.57	
		00:34.10		*00:34.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 10/12 Lane : 4 Athlete: MARTENS YWEIN — **Q-time: 01:03:28**

PB (25m pool): 01:03.28 Durmehal 27/09/2026 **PB (50m pool):** 01:07.53 **SB:** 01:03.28 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:29.53		01:03.28	
		00:29.53		*00:33.75*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/13 Lane : 2 Athlete: AMGHAR YOUNES — **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: STW

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

Heat: 5/13 Lane : 4 Athlete: VERHAGEN MIEL — **Q-time: 03:13:40**

PB (25m pool): 03:13.40 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 03:18.27 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:44.33		no time		no time		03:13.40
		00:44.33						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 8/13 Lane : 6 Athlete: COGEN ALEX — **Q-time: 02:51:62**

PB (25m pool): 02:51.62 Durmehal 27/09/2026 **PB (50m pool):** 03:06.70 **SB:** 02:51.62 Durmehal 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:43.37		01:28.37		02:15.04		02:51.62
		00:43.37		*00:45.00*		*00:46.67*		*00:36.58*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 11/13 Lane : 5 Athlete: MARTENS YWEIN — **Q-time: 02:40:57**

PB (25m pool): 02:40.57 Temse 31/05/2026 **PB (50m pool):** 02:50.98 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:34.20		01:18.79		02:06.08		02:40.57
		00:34.20		*00:44.59*		*00:47.29*		*00:34.49*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/17 Lane : 2 Athlete: POYA SANAH — **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: STW

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

Heat: 2/17 Lane : 3 Athlete: BOURFA SALMA — **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:4, starttime: 17:20

Heat: 4/17 Lane : 4 Athlete: MARTENS WINNE — **Q-time: 03:54:59**

PB (25m pool): no time **PB (50m pool):** 03:54.59 **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:5, starttime: 17:25

Heat: 5/17 Lane : 1 Athlete: VERCAUTEREN LIENA — **Q-time: 03:32:08**

PB (25m pool): 03:41.97 Sinbad 05/10/2025 **PB (50m pool):** 03:32.08 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:52.71		no time		no time		03:41.97
	00:52.71							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/17 Lane : 3 Athlete: VAN DER GUCHT LOTTE — **Q-time: 03:28:83**

PB (25m pool): 03:28.83 Sint-Niklaas 28/12/2025 **PB (50m pool):** 03:36.13 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:47.49		no time		no time		03:28.83
	00:47.49							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 5/17 Lane : 5 Athlete: SMET LIM — **Q-time: 03:31:57**

PB (25m pool): 03:31.57 Sint-Niklaas 28/12/2025 **PB (50m pool):** 03:32.60 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:47.80		no time		no time		03:31.57
		00:47.80						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ — Heat:7, starttime: 17:30

Heat: 7/17 Lane : 5 Athlete: DE HERT JANNE — **Q-time: 03:19:14**

PB (25m pool): no time **PB (50m pool):** 03:19.14 **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:10, starttime: 17:40

Heat: 10/17 Lane : 1 Athlete: THOMAS LENA — **Q-time: 03:10:30**

PB (25m pool): 02:58.02 Tielt 15/05/2022 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		02:58.02
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 13/17 Lane : 3 Athlete: VERHULST AMBER — **Q-time: 02:56:37**

PB (25m pool): 02:56.37 Sinbad 16/03/2025 **PB (50m pool):** 03:02.07 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:38.87		no time		no time		02:56.37
		00:38.87						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 10: 200M MEDLEY WOMEN 11+ **Heat:14, starttime: 17:55**

Heat: 14/17 Lane : 2 Athlete: PUNZO MICHELLE **Q-time: 02:55:46**

PB (25m pool): 02:55.46 TEMSE 18/05/2025 **PB (50m pool):** 02:52.23 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:36.10		01:23.39		02:17.63		02:55.46
		00:36.10		*00:47.29*		*00:54.24*		*00:37.83*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ **Heat:14, starttime: 17:55**

Heat: 14/17 Lane : 3 Athlete: VAN HUL EMMA **Q-time: 02:54:33**

PB (25m pool): 02:54.33 Sint-Niklaas 28/12/2025 **PB (50m pool):** 02:57.92 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:39.49		no time		no time		02:54.33
		00:39.49						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 17/17 Lane : 1 Athlete: DE BREUCK MARIE **Q-time: 02:48:44**

PB (25m pool): 02:48.44 EEKLO 04/10/2026 **PB (50m pool):** 02:50.13 **SB:** 02:48.44 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:36.37		no time		no time		02:48.44
		00:36.37						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: