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

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

Coaches: De Letter Gerard HEADCOACH

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

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

Heat: 6/13 Lane : 4 Athlete: COLPAERT LEONIE **Q-time: 00:44:97**

PB (25m pool): 00:44.97 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 00:44.97 Sint-Amandsberg 18/10/2026

	2 5 M	5 0 M	
PB		00:44.97	
		00:44.97	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/13 Lane : 2 Athlete: MAES LENA **Q-time: 00:42:48**

PB (25m pool): 00:49.67 Dendermonde1 25/11/2023 **PB (50m pool):** 00:42.48 **SB:** no time

	2 5 M	5 0 M	
PB		00:49.67	
		00:49.67	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 50M BACKSTROKE WOMEN 11+ Heat:9, starttime: 14:20

Heat: 9/13 Lane : 1 Athlete: MARTENS ESTEé **Q-time: 00:41:94**

PB (25m pool): 00:41.94 Durmehal 27/09/2026 **PB (50m pool):** no time **SB:** 00:41.94 Durmehal 27/09/2026

	2 5 M	5 0 M	
PB		00:41.94	
		00:41.94	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 10/13 Lane : 1 Athlete: COLPAERT JULIE — **Q-time: 00:39:14**

PB (25m pool): 00:39.14 Dendermonde. 22/11/2025 **PB (50m pool):** 00:41.11 **SB:** 00:39.16 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:39.14	
		00:39.14	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 50M BACKSTROKE WOMEN 11+ — Heat:13, starttime: 14:25

Heat: 13/13 Lane : 5 Athlete: TAELMAN YADE — **Q-time: 00:35:61**

PB (25m pool): 00:35.61 BEERNEM 19/09/2026 **PB (50m pool):** 00:35.75 **SB:** 00:35.61 BEERNEM 19/09/2026

	25 M	50 M	
PB		00:35.61	
		00:35.61	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 50M BACKSTROKE MEN 11+ — Heat:8, starttime: 14:35

Heat: 8/11 Lane : 1 Athlete: HAECK RUNE — **Q-time: 00:37:46**

PB (25m pool): no time **PB (50m pool):** 00:37.46 **SB:** no time

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

Coach feedback:

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

Heat: 10/11 Lane : 1 Athlete: TAELMAN YANN — **Q-time: 00:34:12**

PB (25m pool): 00:35.94 Dendermonde 22/11/2025 **PB (50m pool):** 00:34.12 **SB:** no time

	25 M	50 M	
PB		00:35.94	
		00:35.94	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:1, starttime: 14:40

Heat: 1/14 Lane : 3 Athlete: VAN PETEGHEM LAYLA — **Q-time: 01:31:41**

PB (25m pool): 01:34.86 Eeklo 19/04/2026 **PB (50m pool):** 01:31.41 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:46.64		01:34.86	
		00:46.64		*00:48.22*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/14 Lane : 3 Athlete: WINDHEY FIEN — **Q-time: 01:25:18**

PB (25m pool): 01:28.98 Zottegem 09/03/2025 **PB (50m pool):** 01:25.18 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:43.24		01:28.98	
		00:43.24		*00:45.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/14 Lane : 2 Athlete: DE LETTER LINDE — **Q-time: 01:20:57**

PB (25m pool): 01:20.57 Sint-Niklaas 11/01/2026 **PB (50m pool):** 01:22.10 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:40.07		01:20.57	
		00:40.07		*00:40.50*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/14 Lane : 3 Athlete: DE KEIJSER FIEBE — **Q-time: 01:20:48**

PB (25m pool): 01:20.48 Eeklo 19/04/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:38.30		01:20.48	
		00:38.30		*00:42.18*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:7, starttime: 14:50

Heat: 7/14 Lane : 4 Athlete: VANDERSCHAEGHE ELLA — **Q-time: 01:15:15**

PB (25m pool): 01:15.15 Eeklo 19/04/2026 **PB (50m pool):** 01:16.15 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:36.11		01:15.15	
		00:36.11		*00:39.04*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/14 Lane : 6 Athlete: THIELEMANS MAXINE — **Q-time: 01:12:98**

PB (25m pool): 01:12.98 Durmehal 27/09/2026 **PB (50m pool):** 01:14.03 **SB:** 01:12.98 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:35.14		01:12.98	
		00:35.14		*00:37.84*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:10, starttime: 14:55

Heat: 10/14 Lane : 5 Athlete: DE MAEIJER ELENA — **Q-time: 01:11:09**

PB (25m pool): 01:11.09 Eeklo 19/04/2026 **PB (50m pool):** 01:13.38 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:34.29		01:11.09	
		00:34.29		*00:36.80*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 11/14 Lane : 2 Athlete: DE WINTER LORE — **Q-time: 01:09:65**

PB (25m pool): 01:09.65 Durmehal 27/09/2026 **PB (50m pool):** 01:11.15 **SB:** 01:09.65 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:33.30		01:09.65	
		00:33.30		*00:36.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 13/14 Lane : 1 Athlete: TAELMAN YADE — **Q-time: 01:07:76**

PB (25m pool): 01:07.76 Temse 21/12/2025 **PB (50m pool):** 01:09.42 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.57		01:07.76	
		00:32.57		*00:35.19*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/12 Lane : 2 Athlete: VANDERSCHAEGHE DAAN — **Q-time: 01:20:15**

PB (25m pool): 01:20.15 EEKLO 04/10/2026 **PB (50m pool):** 01:21.44 **SB:** 01:20.15 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:38.53		01:20.15	
		00:38.53		*00:41.62*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 9/12 Lane : 3 Athlete: VAN RAEMDONCK SIEBE — **Q-time: 01:05:02**

PB (25m pool): 01:05.02 Sint-Niklaas 11/01/2026 **PB (50m pool):** 01:22.91 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:30.88		01:05.02	
		00:30.88		*00:34.14*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/3 Lane : 3 Athlete: TEAM SWEM 1 — **Q-time: 02:22:55**

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: SWEM

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

Heat: 4/4 Lane : 3 Athlete: HEYNZE OTIS — **Q-time: 05:31:68**

PB (25m pool): 05:31.68 Zwembad De Motte 20/06/2026 **PB (50m pool):** 06:00.73 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		01:16.66		no time		02:41.94
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		no time		no time		no time		05:31.68
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/2 Lane : 1 Athlete: COLPAERT LEONIE — **Q-time: 07:08:47**

PB (25m pool): 07:08.47 Sint-Niklaas 11/01/2026 **PB (50m pool):** 07:27.86 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		01:44.94		no time		03:35.79
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		no time		no time		no time		07:08.47
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/2 Lane : 3 Athlete: MARTENS ESTEé — **Q-time: 06:39:18**

PB (25m pool): 06:49.50 Dendermonde. 22/11/2025 **PB (50m pool):** 06:39.18 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		01:33.46		no time		03:19.66
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		no time		no time		no time		06:49.50
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/2 Lane : 6 Athlete: VAN PETEGHEM LAYLA — **Q-time: 07:56:19**

PB (25m pool): no time **PB (50m pool):** 07:56.19 **SB:** no time

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

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

Coach feedback:

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

Heat: 5/13 Lane : 2 Athlete: VANDERSCHAEGHE DAAN — **Q-time: 03:14:07**

PB (25m pool): 03:14.07 EEKLO 04/10/2026 **PB (50m pool):** 03:26.52 **SB:** 03:14.07 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:43.25		no time		no time		03:14.07
		00:43.25						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 8/13 Lane : 1 Athlete: HAECK RUNE — **Q-time: 02:51:02**

PB (25m pool): 02:51.02 Durmehal 27/09/2026 **PB (50m pool):** no time **SB:** 02:51.02 Durmehal 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:36.89		01:20.67		02:12.48		02:51.02
		00:36.89		*00:43.78*		*00:51.81*		*00:38.54*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 9: 200M MEDLEY MEN 11+ — Heat:10, starttime: 16:55

Heat: 10/13 Lane : 3 Athlete: TAELMAN YANN — **Q-time: 02:42:13**

PB (25m pool): 02:42.13 Dendermonde 22/11/2025 **PB (50m pool):** 03:05.71 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:36.41		no time		no time		02:42.13
		00:36.41						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/17 Lane : 5 Athlete: VANDERSCHAEGHE ELLA — **Q-time: 99:99:99**

PB (25m pool): 03:15.95 Sinbad 29/12/2024 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:46.12		no time		no time		03:15.95
		00:46.12						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ — Heat:3, starttime: 17:15

Heat: 3/17 Lane : 3 Athlete: DE KEIJSER FIEBE — **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 : 3 Athlete: WINDHEY FIEN — **Q-time: 03:37:11**

PB (25m pool): 03:37.11 Zaventem 21/06/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		03:37.11
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 8/17 Lane : 4 Athlete: MAES LENA **Q-time: 03:14:94**

PB (25m pool): 03:14.94 Dendermonde 22/11/2025 **PB (50m pool):** 03:16.55 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:46.76		no time		no time		03:14.94
		00:46.76						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ Heat:9, starttime: 17:40

Heat: 9/17 Lane : 6 Athlete: DE LETTER LINDE **Q-time: 03:13:85**

PB (25m pool): 03:13.85 Durmehal 27/09/2026 **PB (50m pool):** 03:17.95 **SB:** 03:13.85 Durmehal 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:41.26		01:29.41		02:28.52		03:13.85
		00:41.26		*00:48.15*		*00:59.11*		*00:45.33*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ Heat:11, starttime: 17:45

Heat: 11/17 Lane : 4 Athlete: DE WINTER LORE **Q-time: 03:05:77**

PB (25m pool): 03:08.02 Dendermonde 22/11/2025 **PB (50m pool):** 03:05.77 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:42.64		no time		no time		03:08.02
		00:42.64						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ Heat:11, starttime: 17:45

Heat: 11/17 Lane : 5 Athlete: DE MAEIJER ELENA **Q-time: 03:05:96**

PB (25m pool): 03:05.96 Sint-Niklaas 28/12/2025 **PB (50m pool):** 03:06.37 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:42.57		no time		no time		03:05.96
		00:42.57						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 14/17 Lane : 6 Athlete: THIELEMANS MAXINE — **Q-time: 02:55:98**

PB (25m pool): 02:55.98 Durmehal 27/09/2026 — **PB (50m pool):** 03:07.75 **SB:** 02:55.98 Durmehal 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:40.26		01:27.74		02:15.17		02:55.98
		00:40.26		*00:47.48*		*00:47.43*		*00:40.81*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 16/17 Lane : 2 Athlete: COLPAERT JULIE — **Q-time: 02:49:47**

PB (25m pool): 02:49.47 Dendermonde 22/11/2025 — **PB (50m pool):** 02:52.71 **SB:** 02:49.81 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:36.36		no time		no time		02:49.47
		00:36.36						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: