

PK KB WVL 26: Session: 3: COACH evaluation sheet for TEAM: VZV

Coachinfo: Warming up from: 08:00 untill 08:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bartholomeus Pieter

Coaches: Van Landschoot Gwendy

Coaches: Vansteenland Annelies HEADCOACH

PB => Personal Best time

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

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:2, starttime: 09:19	
Heat: 2/5 Lane : 5 Athlete: BARTHOLOMEUS FLORIANNE							Q-time: 02:26:18	
PB (25m pool): 02:27.26 Menen 01/05/2026				PB (50m pool): 02:26.18 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.10		01:13.27		no time		02:27.26
	00:35.10		00:38.17					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:2, starttime: 09:19	
Heat: 2/5 Lane : 7 Athlete: LOWAGIE LOLA							Q-time: 02:31:54	
PB (25m pool): 02:31.54 DIKSMUIDE 30/11/2025				PB (50m pool): 02:35.74SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.31		01:14.57		01:54.09		02:31.54
	00:35.31		00:39.26		00:39.52		00:37.45	
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:4, starttime: 09:37
Heat: 4/7 Lane : 2 Athlete: THIEREN KASPER				Q-time: 01:11:35	
PB (25m pool): 01:15.90 Eeklo 06/04/2026			PB (50m pool): 01:11.35SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.35		01:15.90	
	00:35.35		00:40.55		
					

Coach feedback:

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Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 09:47
Heat: 2/4 Lane : 8 Athlete: NEYRINCK ELODY					Q-time: 01:46:62
PB (25m pool): no time					PB (50m pool): 01:46.62 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:4, starttime: 09:51
Heat: 4/4 Lane : 0 Athlete: WILS ESTELLE					Q-time: 01:32:48
PB (25m pool): 01:41.27 Diksmuide 28/12/2025					PB (50m pool): 01:32.48 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.18		01:41.27	
	00:48.18 00:53.09				
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:4, starttime: 09:51
Heat: 4/4 Lane : 4 Athlete: LOWAGIE LILY					Q-time: 01:20:99
PB (25m pool): 01:22.51 Menen 01/05/2026					PB (50m pool): 01:20.99 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.52		01:22.51	
	00:39.52 00:42.99				
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 10:19
Heat: 1/11 Lane : 4 Athlete: GOETHALS LOWIE					Q-time: 01:40:66
PB (25m pool): 01:51.48 Veurne 19/10/2025					PB (50m pool): 01:40.66 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.84		01:51.48	
	00:52.84 00:58.64				
					

Coach feedback:

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Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 10:49	
Heat: 2/3 Lane : 5 Athlete: LOWAGIE LOLA							Q-time: 03:07:10	
PB (25m pool): 03:08.98 Ieper 04/01/2026				PB (50m pool): 03:07.10SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:42.26		01:30.49		no time		03:08.98
	00:42.26		00:48.23					
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 10:49	
Heat: 2/3 Lane : 6 Athlete: GERMONPré CÉZANNE							Q-time: 03:09:02	
PB (25m pool): 03:09.02 Menen 01/05/2026				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:42.82		01:31.33		no time		03:09.02
	00:42.82		00:48.51					
								

Coach feedback:

Event number: 25: 400M MEDLEY MEN 13+							Heat:1, starttime: 10:57	
Heat: 1/2 Lane : 3 Athlete: THIEREN KASPER							Q-time: 05:59:95	
PB (25m pool): 06:11.52 Diksmuide 09/03/2025				PB (50m pool): 05:59.95SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:39.17		01:24.62		02:13.56		02:59.84
	00:39.17		00:45.45		00:48.94		00:46.28	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:55.15		04:52.31		05:32.06		06:11.52
	00:55.31		00:57.16		00:39.75		00:39.46	
								

Coach feedback:

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Event number: 25: 400M MEDLEY MEN 13+							Heat:1, starttime: 10:57	
Heat: 1/2 Lane : 4 Athlete: NEYRINCK LOÏCK							Q-time: 05:41:78	
PB (25m pool): 06:00.16 Diksmuide 09/03/2025				PB (50m pool): 05:41.78SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:41.65		01:30.50		02:16.82		03:01.96
	00:41.65		00:48.85		00:46.32		00:45.14	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:51.90		04:43.72		05:23.29		06:00.16
	00:49.94		00:51.82		00:39.57		00:36.87	
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:2, starttime: 11:12	
Heat: 2/6 Lane : 1 Athlete: GERMONPRé CéZANNE							Q-time: 00:32:79	
PB (25m pool): 00:32.79 DIKSMUIDE 30/11/2025				PB (50m pool): 00:33.31 SB: no time				
	2 5 M		5 0 M					
PB			00:32.79					
			00:32.79					
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+										Heat:3, starttime: 11:13	
Heat: 3/6 Lane : 0 Athlete: LOWAGIE LOLA										Q-time: 00:31:61	
PB (25m pool): 00:32.57 WAREGEM 27/09/2025										PB (50m pool): 00:31.61 SB: no time	
PB	2 5 M			5 0 M							
				00:32.57							
				00:32.57							
											

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:3, starttime: 11:13
Heat: 3/6 Lane : 7 Athlete: BARTHOLOMEUS FLORIANNE			Q-time: 00:31:30
PB (25m pool): 00:34.51 Diksmuide 01/12/2024			PB (50m pool): 00:31.30 SB: no time
	2 5 M	5 0 M	
PB		00:34.51	
		00:34.51	
			

Coach feedback: