DZO Najaarsmeeting: Session: 1: COACH evaluation sheet for TEAM: OZEKA

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Devriese Boris

Coaches: Speliers Sabrina HEADCOACH

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

Event number: 1: 100M BREASTSTROKE MIXED 10-9 Heat:1, starttime: 09:00

Heat: 1/2 Lane : 6 Athlete: MESSELY CéLESTINE **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+ Heat:1, starttime: 09:06

Heat: 1/6 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	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+ Heat:1, starttime: 09:06

Heat: 1/6 Lane : 3 Athlete: RUYSSEN MERYL LOUISE MINGLAN **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** 03:08.32 **SB:** no time

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

Coach feedback:

DZO Najaarsmeeting: Session: 1: COACH evaluation sheet for TEAM: OZEKA

Event number: 2: 200M FREESTYLE WOMEN 11+ — Heat:2, starttime: 09:11

Heat: 2/6 Lane : 6 Athlete: DE MUNSTER ANOA — **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: 2: 200M FREESTYLE WOMEN 11+ — Heat:3, starttime: 09:16

Heat: 3/6 Lane : 6 Athlete: BERTE LISE — **Q-time: 02:50:15**

PB (25m pool): 02:50.15 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:48.41 **SB:** 02:50.15 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:38.59		01:22.02		02:06.36		02:50.15
		00:38.59		*00:43.43*		*00:44.34*		*00:43.79*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 3: 200M FREESTYLE MEN 11+ — Heat:1, starttime: 09:29

Heat: 1/6 Lane : 4 Athlete: DE REGGE MATTEO — **Q-time: 99:99:99**

PB (25m pool): 02:34.91 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 02:47.75 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:33.86		01:14.19		01:57.18		02:34.91
		00:33.86		*00:40.33*		*00:42.99*		*00:37.73*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 3: 200M FREESTYLE MEN 11+ — Heat:2, starttime: 09:33

Heat: 2/6 Lane : 3 Athlete: VAN LIERDE DAAN — **Q-time: 02:51:69**

PB (25m pool): 02:51.69 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:38.59		01:23.56		02:09.96		02:51.69
		00:38.59		*00:44.97*		*00:46.40*		*00:41.73*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

DZO Najaarsmeeting: Session: 1: COACH evaluation sheet for TEAM: OZEKA

Event number: 3: 200M FREESTYLE MEN 11+ — Heat:4, starttime: 09:41

Heat: 4/6 Lane : 1 Athlete: VAN NIEUWENHUYZE LUKAS — **Q-time: 02:26:27**

PB (25m pool): 02:26.27 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 02:44.28 **SB:** 02:26.27 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:33.51		01:11.14		01:50.19		02:26.27
		00:33.51		*00:37.63*		*00:39.05*		*00:36.08*

Coach feedback:

Event number: 3: 200M FREESTYLE MEN 11+ — Heat:4, starttime: 09:41

Heat: 4/6 Lane : 2 Athlete: VAN BRAECKEL SEPPE — **Q-time: 02:25:02**

PB (25m pool): 02:25.02 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** 02:33.52 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:33.39		01:10.18		01:48.25		02:25.02
		00:33.39		*00:36.79*		*00:38.07*		*00:36.77*

Coach feedback:

Event number: 3: 200M FREESTYLE MEN 11+ — Heat:5, starttime: 09:44

Heat: 5/6 Lane : 1 Athlete: BOONEN KAREL — **Q-time: 02:19:95**

PB (25m pool): 02:19.77 Diksmuide 01/11/2026 **PB (50m pool):** 02:26.94 **SB:** 02:19.77 Diksmuide 01/11/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:31.82		01:07.63		01:44.04		02:19.77
		00:31.82		*00:35.81*		*00:36.41*		*00:35.73*

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11+ — Heat:1, starttime: 09:50

Heat: 1/7 Lane : 5 Athlete: BELAEN ELISABETH — **Q-time: 99:99:99**

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

DZO Najaarsmeeting: Session: 1: COACH evaluation sheet for TEAM: OZEKA

Event number: 4: 400M FREESTYLE WOMEN 11+ — Heat:1, starttime: 09:50

Heat: 1/7 Lane : 6 Athlete: VAN DE WALLE NORA — **Q-time: 99:99:99**

PB (25m pool): 05:54.96 Gent 23/02/2025 **PB (50m pool):** 05:45.56 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:39.23		01:23.17		02:09.30		02:54.36
		00:39.23		*00:43.94*		*00:46.13*		*00:45.06*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:39.35		04:25.24		05:11.24		05:54.96
		00:44.99		*00:45.89*		*00:46.00*		*00:43.72*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11+ — Heat:5, starttime: 10:18

Heat: 5/7 Lane : 3 Athlete: VAN LIERDE ROOS — **Q-time: 05:25:98**

PB (25m pool): 05:25.98 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 05:41.59 **SB:** 05:25.98 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:34.91		01:15.35		01:57.04		02:38.88
		00:34.91		*00:40.44*		*00:41.69*		*00:41.84*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:21.40		04:04.43		04:46.70		05:25.98
		00:42.52		*00:43.03*		*00:42.27*		*00:39.28*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 5: 400M FREESTYLE MEN 11+ — Heat:1, starttime: 10:37

Heat: 1/5 Lane : 4 Athlete: HOEYMANS CEDRIC — **Q-time: 99:99:99**

PB (25m pool): 05:49.82 Sinbad 12/01/2025 **PB (50m pool):** 05:48.54 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		01:19.42		no time		02:47.11
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		no time		no time		no time		05:49.82
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

DZO Najaarsmeeting: Session: 1: COACH evaluation sheet for TEAM: OZEKA

Event number: 5: 400M FREESTYLE MEN 11+ — Heat:2, starttime: 10:45

Heat: 2/5 Lane : 1 Athlete: LEFèVRE SEPPE — **Q-time: 06:38:16**

PB (25m pool): 06:38.16 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:42.23		01:29.71		02:21.12		03:11.24
		00:42.23		*00:47.48*		*00:51.41*		*00:50.12*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		04:00.06		04:47.62		05:03.64		06:38.16
		00:48.82		*00:47.56*		*00:16.02*		*01:34.52*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 6: 100M MEDLEY MIXED 10-9 — Heat:1, starttime: 11:10

Heat: 1/2 Lane : 2 Athlete: MESSELY CéLESTINE — **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+ — Heat:2, starttime: 11:16

Heat: 2/6 Lane : 3 Athlete: DE KETELAERE FEBE — **Q-time: 01:37:90**

PB (25m pool): 01:37.90 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:37.90 EEKLO 04/10/2026

	25M	50M	75M	100M	
PB		no time		01:37.90	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

DZO Najaarsmeeting: Session: 1: COACH evaluation sheet for TEAM: OZEKA

Event number: 9: 50M FREESTYLE WOMEN 11+ — Heat:1, starttime: 11:52

Heat: 1/5 Lane : 2 Athlete: MAENHOUT FARAH — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** 00:36.82 **SB:** no time

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

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 11+ — Heat:2, starttime: 12:00

Heat: 2/4 Lane : 5 Athlete: BOAST ALEXANDER — **Q-time: 00:37:52**

PB (25m pool): 00:37.52 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		00:37.52	
		00:37.52	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 11+ — Heat:3, starttime: 12:02

Heat: 3/4 Lane : 1 Athlete: HOEYMANS CEDRIC — **Q-time: 00:30:66**

PB (25m pool): 00:30.66 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:31.93 **SB:** 00:30.66 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:30.66	
		00:30.66	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 11+ — Heat:3, starttime: 12:02

Heat: 3/4 Lane : 4 Athlete: BOONEN KAREL — **Q-time: 00:29:71**

PB (25m pool): 00:29.71 EEKLO 04/10/2026 **PB (50m pool):** 00:30.71 **SB:** 00:29.71 EEKLO 04/10/2026

	25 M	50 M	
PB		00:29.71	
		00:29.71	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

DZO Najaarsmeeting: Session: 1: COACH evaluation sheet for TEAM: OZEKA

Event number: 10: 50M FREESTYLE MEN 11+ — Heat:4, starttime: 12:03

Heat: 4/4 Lane : 4 Athlete: DE REGGE MATTEO — **Q-time: 00:27:28**

PB (25m pool): 00:27.28 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:28.40 **SB:** 00:27.28 Sint-Amandsberg 18/10/2026

	25 M	50 M
PB		00:27.28
	00:27.28	
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+ — Heat:1, starttime: 12:04

Heat: 1/3 Lane : 2 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 M
PB		no time		no time
	no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+ — Heat:1, starttime: 12:04

Heat: 1/3 Lane : 3 Athlete: BELAEN ELISABETH — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** 01:41.78 **SB:** no time

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

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+ — Heat:2, starttime: 12:07

Heat: 2/3 Lane : 4 Athlete: VAN DE WALLE NORA — **Q-time: 01:23:84**

PB (25m pool): 01:23.84 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 01:28.85 **SB:** no time

	25 M	50 M	75 M	100 M
PB		00:41.25		01:23.84
	00:41.25		*00:42.59*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

DZO Najaarsmeeting: Session: 1: COACH evaluation sheet for TEAM: OZEKA

Event number: 12: 100M BACKSTROKE MEN 11+ — Heat:2, starttime: 12:14

Heat: 2/2 Lane : 5 Athlete: VAN BRAECKEL SEPPE — **Q-time: 01:13:18**

PB (25m pool): 01:13.18 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 01:15.40 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.58		01:13.18	
		00:35.58		*00:37.60*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11+ — Heat:1, starttime: 12:16

Heat: 1/6 Lane : 1 Athlete: DE BOSSCHERE RENéE — **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: 13: 100M BREASTSTROKE WOMEN 11+ — Heat:1, starttime: 12:16

Heat: 1/6 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 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11+ — Heat:1, starttime: 12:16

Heat: 1/6 Lane : 6 Athlete: VAN LIERDE ROOS — **Q-time: 99:99:99**

PB (25m pool): 01:40.80 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 01:35.70 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:48.22		01:40.80	
		00:48.22		*00:52.58*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

DZO Najaarsmeeting: Session: 1: COACH evaluation sheet for TEAM: OZEKA

Event number: 13: 100M BREASTSTROKE WOMEN 11+ — Heat:2, starttime: 12:19

Heat: 2/6 Lane : 3 Athlete: MAENHOUT FARAH — **Q-time: 01:45:05**

PB (25m pool): 01:45.05 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 01:53.81 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:50.38		01:45.05	
		00:50.38		*00:54.67*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11+ — Heat:2, starttime: 12:19

Heat: 2/6 Lane : 4 Athlete: DE KETELAERE FEBE — **Q-time: 01:46:34**

PB (25m pool): 01:46.34 EEKLO 04/10/2026 **PB (50m pool):** 01:54.02 **SB:** 01:46.34 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:50.84		01:46.34	
		00:50.84		*00:55.50*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11+ — Heat:3, starttime: 12:21

Heat: 3/6 Lane : 2 Athlete: BERTE LISE — **Q-time: 01:37:06**

PB (25m pool): 01:37.06 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 01:42.00 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:45.45		01:37.06	
		00:45.45		*00:51.61*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M BREASTSTROKE MEN 11+ — Heat:1, starttime: 12:31

Heat: 1/5 Lane : 5 Athlete: BOAST ALEXANDER — **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:

DZO Najaarsmeeting: Session: 1: COACH evaluation sheet for TEAM: OZEKA

Event number: 14: 100M BREASTSTROKE MEN 11+ — Heat:2, starttime: 12:34

Heat: 2/5 Lane : 5 Athlete: VAN LIERDE DAAN — **Q-time: 01:50:06**

PB (25m pool): 01:50.06 EEKLO 04/10/2026 **PB (50m pool):** 01:56.27 **SB:** 01:50.06 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:52.77		01:50.06	
		00:52.77		*00:57.29*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M BREASTSTROKE MEN 11+ — Heat:2, starttime: 12:34

Heat: 2/5 Lane : 6 Athlete: LEFèVRE SEPPE — **Q-time: 01:56:08**

PB (25m pool): no time **PB (50m pool):** 01:59.24 **SB:** no time

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

Coach feedback:

Event number: 14: 100M BREASTSTROKE MEN 11+ — Heat:4, starttime: 12:39

Heat: 4/5 Lane : 6 Athlete: VAN NIEUWENHUYZE LUKAS — **Q-time: 01:28:75**

PB (25m pool): 01:28.75 EEKLO 04/10/2026 **PB (50m pool):** 01:29.30 **SB:** 01:28.75 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.14		01:28.75	
		00:41.14		*00:47.61*	
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Coach feedback: