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

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

Coaches: Lasoen Sam

Coaches: Kerkaert Barbara HEADCOACH

Coaches: Vlamijnck Robin

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 : 5 Athlete: LANGASKENS NORE — **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: 1: 100M BREASTSTROKE MIXED 10-9 — Heat:2, starttime: 09:03

Heat: 2/2 Lane : 1 Athlete: DEBRUYNE NANE — **Q-time: 01:59:57**

PB (25m pool): 01:59.57 Mons 27/06/2026 **PB (50m pool):** 02:05.05 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:57.34		01:59.57	
		00:57.34		*01:02.23*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M BREASTSTROKE MIXED 10-9 — Heat:2, starttime: 09:03

Heat: 2/2 Lane : 2 Athlete: MAEGHE LENA — **Q-time: 01:50:58**

PB (25m pool): 01:50.58 Mons 27/06/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:53.41		01:50.58	
		00:53.41		*00:57.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 1: 100M BREASTSTROKE MIXED 10-9 — Heat:2, starttime: 09:03

Heat: 2/2 Lane : 6 Athlete: DEVREEZE NOOR — **Q-time: 01:59:60**

PB (25m pool): no time **PB (50m pool):** 01:59.60 **SB:** no time

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

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+ — Heat:5, starttime: 09:23

Heat: 5/6 Lane : 4 Athlete: VAN DOORNE LORE — **Q-time: 02:29:30**

PB (25m pool): 02:29.30 LEUVEN 23/11/2025 **PB (50m pool):** 02:31.86 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:34.30		01:12.83		01:51.37		02:29.30
		00:34.30		*00:38.53*		*00:38.54*		*00:37.93*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/7 Lane : 3 Athlete: MUYS LILY — **Q-time: 06:27:59**

PB (25m pool): 06:27.59 LAGO Zwevegem 25/05/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:40.82		01:26.38		02:15.49		03:05.16
		00:40.82		*00:45.56*		*00:49.11*		*00:49.67*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB		03:56.50		04:46.60		05:37.22		06:27.59
		00:51.34		*00:50.10*		*00:50.62*		*00:50.37*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 4: 400M FREESTYLE WOMEN 11+ — Heat:3, starttime: 10:05

Heat: 3/7 Lane : 1 Athlete: DE VUSSER LAURE — **Q-time: 06:04:96**

PB (25m pool): 06:04.96 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 06:17.26 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:40.51		01:24.25		02:10.24		02:57.03
		00:40.51		*00:43.74*		*00:45.99*		*00:46.79*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:43.79		04:32.25		05:19.99		06:04.96
		00:46.76		*00:48.46*		*00:47.74*		*00:44.97*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11+ — Heat:3, starttime: 10:05

Heat: 3/7 Lane : 2 Athlete: DEGRANDE NORE — **Q-time: 05:58:88**

PB (25m pool): 05:58.88 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 06:04.15 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:41.02		01:26.18		02:12.78		02:59.03
		00:41.02		*00:45.16*		*00:46.60*		*00:46.25*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:45.28		04:31.75		05:17.67		05:58.88
		00:46.25		*00:46.47*		*00:45.92*		*00:41.21*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11+ — Heat:3, starttime: 10:05

Heat: 3/7 Lane : 5 Athlete: DE SMET LORE — **Q-time: 05:59:55**

PB (25m pool): 05:59.55 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 06:10.33 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:40.55		01:25.51		02:10.84		02:56.97
		00:40.55		*00:44.96*		*00:45.33*		*00:46.13*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:43.59		04:29.85		05:15.83		05:59.55
		00:46.62		*00:46.26*		*00:45.98*		*00:43.72*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 5/7 Lane : 2 Athlete: VAN DE STEENE LORE — **Q-time: 05:28:15**

PB (25m pool): 05:46.98 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 05:28.15 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:39.40		01:21.66		02:06.91		02:53.09
		00:39.40		*00:42.26*		*00:45.25*		*00:46.18*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:38.06		04:23.37		05:06.82		05:46.98
		00:44.97		*00:45.31*		*00:43.45*		*00:40.16*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11+ — Heat:6, starttime: 10:25

Heat: 6/7 Lane : 2 Athlete: BERKEIN FRANCESCA — **Q-time: 05:21:63**

PB (25m pool): 05:21.63 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 05:22.07 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:35.91		01:16.52		01:57.81		02:38.51
		00:35.91		*00:40.61*		*00:41.29*		*00:40.70*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:19.58		04:01.51		04:42.30		05:21.63
		00:41.07		*00:41.93*		*00:40.79*		*00:39.33*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11+ — Heat:6, starttime: 10:25

Heat: 6/7 Lane : 4 Athlete: DE MUER ANNA — **Q-time: 05:18:66**

PB (25m pool): 05:26.41 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 05:18.66 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:36.80		01:18.66		02:00.44		02:41.92
		00:36.80		*00:41.86*		*00:41.78*		*00:41.48*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:24.29		04:05.71		04:47.57		05:26.41
		00:42.37		*00:41.42*		*00:41.86*		*00:38.84*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 4: 400M FREESTYLE WOMEN 11+ — Heat:6, starttime: 10:25

Heat: 6/7 Lane : 5 Athlete: DE MULDER MAïTHé — **Q-time: 05:22:39**

PB (25m pool): 05:24.96 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 05:22.39 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:37.07		01:17.57		01:58.75		02:40.08
		00:37.07		*00:40.50*		*00:41.18*		*00:41.33*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:22.47		04:04.81		04:46.66		05:24.96
		00:42.39		*00:42.34*		*00:41.85*		*00:38.30*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11+ — Heat:7, starttime: 10:31

Heat: 7/7 Lane : 1 Athlete: DE WULF ALEXINE — **Q-time: 05:01:48**

PB (25m pool): 05:01.48 Durmehal 27/09/2026 **PB (50m pool):** 05:22.35 **SB:** 05:01.48 Durmehal 27/09/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:34.01		01:11.65		01:49.75		02:28.39
		00:34.01		*00:37.64*		*00:38.10*		*00:38.64*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:08.13		03:46.70		04:24.88		05:01.48
		00:39.74		*00:38.57*		*00:38.18*		*00:36.60*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11+ — Heat:7, starttime: 10:31

Heat: 7/7 Lane : 2 Athlete: LONCKE JUTTA — **Q-time: 04:52:93**

PB (25m pool): 04:52.93 Durmehal 27/09/2026 **PB (50m pool):** 04:55.59 **SB:** 04:52.93 Durmehal 27/09/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:33.03		01:09.84		01:47.28		02:24.90
		00:33.03		*00:36.81*		*00:37.44*		*00:37.62*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:02.42		03:40.01		04:17.18		04:52.93
		00:37.52		*00:37.59*		*00:37.17*		*00:35.75*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/5 Lane : 3 Athlete: VAN DOORNE ARNO — **Q-time: 05:37:14**

PB (25m pool): 05:37.14 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 05:41.65 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:38.17		01:21.50		02:05.44		02:48.93
		00:38.17		*00:43.33*		*00:43.94*		*00:43.49*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:32.82		04:15.45		04:57.51		05:37.14
		00:43.89		*00:42.63*		*00:42.06*		*00:39.63*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 5: 400M FREESTYLE MEN 11+ — Heat:4, starttime: 10:59

Heat: 4/5 Lane : 4 Athlete: DE BRUYNE BRIEK — **Q-time: 04:55:41**

PB (25m pool): 04:55.41 Durmehal 27/09/2026 **PB (50m pool):** 05:06.67 **SB:** 04:55.41 Durmehal 27/09/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:32.41		01:08.68		01:46.11		02:24.12
		00:32.41		*00:36.27*		*00:37.43*		*00:38.01*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:02.04		03:40.04		04:18.27		04:55.41
		00:37.92		*00:38.00*		*00:38.23*		*00:37.14*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 5: 400M FREESTYLE MEN 11+ — Heat:5, starttime: 11:04

Heat: 5/5 Lane : 5 Athlete: DEGRANDE VIC — **Q-time: 04:46:33**

PB (25m pool): 04:46.33 Durmehal 27/09/2026 **PB (50m pool):** 04:57.96 **SB:** 04:46.33 Durmehal 27/09/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:31.85		01:06.83		01:42.78		02:19.26
		00:31.85		*00:34.98*		*00:35.95*		*00:36.48*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		02:56.04		03:32.94		04:09.68		04:46.33
		00:36.78		*00:36.90*		*00:36.74*		*00:36.65*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 5: 400M FREESTYLE MEN 11+ — Heat:5, starttime: 11:04

Heat: 5/5 Lane : 6 Athlete: DE SMET KOBE — **Q-time: 04:48:68**

PB (25m pool): 04:48.68 Durmehal 27/09/2026 **PB (50m pool):** 04:53.47 **SB:** 04:48.68 Durmehal 27/09/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:32.30		01:07.70		01:44.39		02:20.77
		00:32.30		*00:35.40*		*00:36.69*		*00:36.38*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	225M	250M	275M	300	325	350	375	400M
PB		02:57.68		03:35.04		04:12.14		04:48.68
		00:36.91		*00:37.36*		*00:37.10*		*00:36.54*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/2 Lane : 1 Athlete: MAEGHE LENA — **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: 6: 100M MEDLEY MIXED 10-9 — Heat:1, starttime: 11:10

Heat: 1/2 Lane : 6 Athlete: LANGASKENS NORE — **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:

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

Event number: 6: 100M MEDLEY MIXED 10-9 — Heat:2, starttime: 11:12

Heat: 2/2 Lane : 3 Athlete: DEVREEZE NOOR — **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: 6: 100M MEDLEY MIXED 10-9 — Heat:2, starttime: 11:12

Heat: 2/2 Lane : 5 Athlete: DEBRUYNE NANE — **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: 9: 50M FREESTYLE WOMEN 11+ — Heat:1, starttime: 11:52

Heat: 1/5 Lane : 4 Athlete: DE SMET LORE — **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: 9: 50M FREESTYLE WOMEN 11+ — Heat:2, starttime: 11:53

Heat: 2/5 Lane : 2 Athlete: DEGRANDE NORE — **Q-time: 00:38:20**

PB (25m pool): 00:38.45 LEUVEN 23/11/2025 **PB (50m pool):** 00:38.20 **SB:** no time

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

Coach feedback:

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

Event number: 9: 50M FREESTYLE WOMEN 11+ — **Heat:2, starttime: 11:53**

Heat: 2/5 Lane : 3 Athlete: VAN DE STEENE LORE — **Q-time: 00:35:80**

PB (25m pool): 00:35.80 Mons 27/06/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		00:35.80	
		00:35.80	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 11+ — **Heat:2, starttime: 11:53**

Heat: 2/5 Lane : 6 Athlete: DE VUSSER LAURE — **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: 9: 50M FREESTYLE WOMEN 11+ — **Heat:3, starttime: 11:55**

Heat: 3/5 Lane : 4 Athlete: DE MULDER MAïTHé — **Q-time: 00:33:39**

PB (25m pool): 00:33.39 Mons 27/06/2026 **PB (50m pool):** 00:37.11 **SB:** no time

	25 M	50 M	
PB		00:33.39	
		00:33.39	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 11+ — **Heat:3, starttime: 11:55**

Heat: 3/5 Lane : 5 Athlete: BERKEIN FRANCESCA — **Q-time: 00:33:53**

PB (25m pool): 00:33.53 Mons 27/06/2026 **PB (50m pool):** 00:36.48 **SB:** no time

	25 M	50 M	
PB		00:33.53	
		00:33.53	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 9: 50M FREESTYLE WOMEN 11+ Heat:3, starttime: 11:55

Heat: 3/5 Lane : 6 Athlete: MUYS LILY **Q-time: 00:35:63**

PB (25m pool): 00:35.63 Durmehal 27/09/2026 **PB (50m pool):** no time **SB:** 00:35.63 Durmehal 27/09/2026

	25 M	50 M	
PB		00:35.63	
		00:35.63	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 11+ Heat:4, starttime: 11:56

Heat: 4/5 Lane : 2 Athlete: DE MUER ANNA **Q-time: 00:32:07**

PB (25m pool): 00:32.07 Mons 27/06/2026 **PB (50m pool):** 00:36.60 **SB:** no time

	25 M	50 M	
PB		00:32.07	
		00:32.07	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 11+ Heat:4, starttime: 11:56

Heat: 4/5 Lane : 4 Athlete: DE WULF ALEXINE **Q-time: 00:31:93**

PB (25m pool): 00:31.93 Mons 27/06/2026 **PB (50m pool):** 00:34.19 **SB:** no time

	25 M	50 M	
PB		00:31.93	
		00:31.93	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 11+ Heat:5, starttime: 11:57

Heat: 5/5 Lane : 2 Athlete: LONCKE JUTTA **Q-time: 00:29:30**

PB (25m pool): 00:29.30 Durmehal 27/09/2026 **PB (50m pool):** 00:30.60 **SB:** 00:29.30 Durmehal 27/09/2026

	25 M	50 M	
PB		00:29.30	
		00:29.30	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 9: 50M FREESTYLE WOMEN 11+ — Heat:5, starttime: 11:57

Heat: 5/5 Lane : 5 Athlete: VAN DOORNE LORE — **Q-time: 00:31:08**

PB (25m pool): 00:31.08 LEUVEN 23/11/2025 **PB (50m pool):** 00:31.98 **SB:** no time

	25 M	50 M	
PB		00:31.08	
		00:31.08	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 11+ — Heat:1, starttime: 11:59

Heat: 1/4 Lane : 3 Athlete: VAN DOORNE ARNO — **Q-time: 00:37:71**

PB (25m pool): 00:37.71 LEUVEN 23/11/2025 **PB (50m pool):** 00:38.62 **SB:** no time

	25 M	50 M	
PB		00:37.71	
		00:37.71	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 2 Athlete: DEGRANDE VIC — **Q-time: 00:29:84**

PB (25m pool): 00:29.74 EEKLO 04/10/2026 **PB (50m pool):** 00:31.20 **SB:** 00:29.74 EEKLO 04/10/2026

	25 M	50 M	
PB		00:29.74	
		00:29.74	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 5 Athlete: DE SMET KOBE — **Q-time: 00:30:32**

PB (25m pool): 00:30.01 EEKLO 04/10/2026 **PB (50m pool):** 00:31.42 **SB:** 00:30.01 EEKLO 04/10/2026

	25 M	50 M	
PB		00:30.01	
		00:30.01	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/4 Lane : 5 Athlete: DE BRUYNE BRIEK **Q-time: 00:28:29**

PB (25m pool): 00:28.29 EEKLO 04/10/2026 **PB (50m pool):** 00:29.82 **SB:** 00:28.29 EEKLO 04/10/2026

	25 M	50 M	
PB		00:28.29	
		00:28.29	
	. . : . . : . .	. . : . . : . .	

Coach feedback: