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

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

Coaches: De Ridder Elke HEADCOACH

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

Event number: 2: 200M FREESTYLE WOMEN 11+ Heat:3, starttime: 09:16

Heat: 3/6 Lane : 3 Athlete: THIELEMANS MAXINE **Q-time: 02:44:51**

PB (25m pool): 02:52.63 Sint-Amandsberg 19/10/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:39.90		01:24.40		02:09.92		02:52.63
		00:39.90		*00:44.50*		*00:45.52*		*00:42.71*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+ Heat:4, starttime: 09:19

Heat: 4/6 Lane : 2 Athlete: DE MAEIJER ELENA **Q-time: 02:38:92**

PB (25m pool): 02:38.92 EEKLO 04/10/2026 **PB (50m pool):** 02:45.56 **SB:** 02:38.92 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:36.06		01:15.80		no time		02:38.92
		00:36.06		*00:39.74*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 2: 200M FREESTYLE WOMEN 11+ Heat:4, starttime: 09:19

Heat: 4/6 Lane : 6 Athlete: DE WINTER LORE **Q-time: 02:42:13**

PB (25m pool): 02:37.46 Sint-Niklaas 28/12/2025 **PB (50m pool):** 02:37.44 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:36.15		01:16.03		no time		02:37.46
		00:36.15		*00:39.88*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 1/6 Lane : 3 Athlete: VAN DE VIJVER NIELS — **Q-time: 99:99:99**

PB (25m pool): 02:08.47 Lokeren 05/04/2025 **PB (50m pool):** 02:15.72 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:29.47		01:02.53		01:36.35		02:08.47
		00:29.47		*00:33.06*		*00:33.82*		*00:32.12*

Coach feedback:

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

Heat: 4/6 Lane : 3 Athlete: VAN NEER LOWIEK — **Q-time: 02:22:92**

PB (25m pool): 02:19.32 Lokeren 28/09/2025 **PB (50m pool):** 02:22.92 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:32.73		01:09.16		01:45.60		02:19.32
		00:32.73		*00:36.43*		*00:36.44*		*00:33.72*

Coach feedback:

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

Heat: 4/6 Lane : 4 Athlete: TAELMAN YANN — **Q-time: 02:23:47**

PB (25m pool): 02:24.13 Sint-Niklaas 28/12/2025 **PB (50m pool):** 02:23.47 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:33.23		01:10.50		no time		02:24.13
		00:33.23		*00:37.27*				

Coach feedback:

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

Heat: 5/7 Lane : 1 Athlete: TAELMAN YADE — **Q-time: 05:31:25**

PB (25m pool): 05:25.43 Lokeren 28/09/2025 **PB (50m pool):** 05:26.22 **SB:** 05:31.25 EEKLO 04/10/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:36.96		01:17.79		01:59.49		02:42.18
		00:36.96		*00:40.83*		*00:41.70*		*00:42.69*
	225M	250M	275M	300	325	350	375	400M
PB		03:24.17		04:05.87		04:47.31		05:25.43
		00:41.99		*00:41.70*		*00:41.44*		*00:38.12*

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

Event number: 5: 400M FREESTYLE MEN 11+ — Heat:3, starttime: 10:52

Heat: 3/5 Lane : 6 Athlete: HAECK RUNE — **Q-time: 05:35:12**

PB (25m pool): 05:59.46 Sinbad 06/10/2024 **PB (50m pool):** 05:35.12 **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		05:59.46
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/5 Lane : 2 Athlete: VAN RAEMDONCK SIEBE — **Q-time: 04:58:34**

PB (25m pool): 04:58.34 EEKLO 04/10/2026 **PB (50m pool):** 05:16.40 **SB:** 04:58.34 EEKLO 04/10/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		01:09.87		no time		02:26.56
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	225M	250M	275M	300	325	350	375	400M
PB		no time		no time		no time		04:58.34
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/5 Lane : 5 Athlete: DE MAEIJER ELENA — **Q-time: 00:32:16**

PB (25m pool): 00:32.16 EEKLO 04/10/2026 **PB (50m pool):** 00:33.18 **SB:** 00:32.16 EEKLO 04/10/2026

	25M	50M	
PB		00:32.16	
		00:32.16	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/4 Lane : 1 Athlete: TAELMAN YANN — **Q-time: 00:28:48**

PB (25m pool): 00:28.78 Dendermonde 22/11/2025 **PB (50m pool):** 00:28.48 **SB:** no time

	25 M	50 M	
PB		00:28.78	
		00:28.78	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/4 Lane : 3 Athlete: VAN DE VIJVER NIELS — **Q-time: 00:26:75**

PB (25m pool): 00:26.68 Sint-Amandsberg 27/10/2024 **PB (50m pool):** 00:26.75 **SB:** no time

	25 M	50 M	
PB		00:26.68	
		00:26.68	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+ — Heat:3, starttime: 12:09

Heat: 3/3 Lane : 2 Athlete: TAELMAN YADE — **Q-time: 01:14:69**

PB (25m pool): 01:14.69 Temse 31/05/2026 **PB (50m pool):** 01:17.21 **SB:** 01:16.29 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.24		01:14.69	
		00:36.24		*00:38.45*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/2 Lane : 2 Athlete: VAN NEER LOWIEK — **Q-time: 01:11:50**

PB (25m pool): 01:08.75 T ROSCO 12/10/2025 **PB (50m pool):** 01:09.97 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.56		01:08.75	
		00:33.56		*00:35.19*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 13: 100M BREASTSTROKE WOMEN 11+ — Heat:5, starttime: 12:26

Heat: 5/6 Lane : 3 Athlete: DE WINTER LORE — **Q-time: 01:27:49**

PB (25m pool): 01:27.49 Sint-Niklaas 11/01/2026 **PB (50m pool):** 01:30.11 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:41.14		01:27.49	
		00:41.14		*00:46.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11+ — Heat:6, starttime: 12:28

Heat: 6/6 Lane : 5 Athlete: THIELEMANS MAXINE — **Q-time: 01:24:93**

PB (25m pool): 01:28.82 T ROSCO 12/10/2025 **PB (50m pool):** 01:24.93 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:42.00		01:28.82	
		00:42.00		*00:46.82*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/5 Lane : 6 Athlete: HAECK RUNE — **Q-time: 99:99:99**

PB (25m pool): 01:39.14 Lokeren 28/09/2025 **PB (50m pool):** 01:48.19 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:48.54		01:39.14	
		00:48.54		*00:50.60*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/5 Lane : 4 Athlete: VAN RAEMDONCK SIEBE — **Q-time: 01:23:41**

PB (25m pool): 01:23.41 Sint-Niklaas 11/01/2026 **PB (50m pool):** 01:49.85 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.28		01:23.41	
		00:39.28		*00:44.13*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: