

VZC 2025: Session: 5: COACH evaluation sheet for TEAM: DIZV

Coachinfo: Warming up from: 07:15 untill 08:15.

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: De Paepe Inge

Coaches: Dom Elize

Coaches: Mens Jennifer

Coaches: Gillain Alexandra

Coaches: Rauw Mathis

Coaches: Verherstraeten Filip

Coaches: Cooreman Sarah

PB => Personal Best time

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

Event number: 41: 200M BREASTSTROKE WOMEN 15+

Heat:1, starttime: 08:30

Heat: 1/6 Lane : 5 Athlete: DERIJCKE LAURA

Q-time: 03:36:29

PB (50m pool): 3:41.57 Rozebroeken 5 May 2024

PB (25m pool): 3:36.29 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	51.59	1:50.16	2:46.45	3:41.57	
	51.59	58.57	56.29	55.12	
	

Coach feedback:

Event number: 42: 100M FREESTYLE MEN 15+

Heat:5, starttime: 08:59

Heat: 5/21 Lane : 7 Athlete: VERHERSTRAETEN KOBE

Q-time: 01:06:83

PB (50m pool): 1:06.83 Oostende 29 May 2025

PB (25m pool): 1:16.20 SB: 01:06.83 Zwembad Brigitte Becue 30/05/2025

	5 0 M	1 0 0 M	
PB	32.15	1:06.83	
	32.15	34.68	
	

Coach feedback:

Event number: 44: 200M FREESTYLE WOMEN 13-14

Heat:4, starttime: 09:56

Heat: 4/15 Lane : 7 Athlete: MOSCHONAS DANAé

Q-time: 02:53:20

PB (50m pool): 3:00.86 Rozebroeken 4 May 2024

PB (25m pool): 2:53.20 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	39.69	1:25.97	2:15.20	3:00.86	
	39.69	46.28	49.23	45.66	
	

Coach feedback:

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Event number: 44: 200M FREESTYLE WOMEN 13-14					Heat:5, starttime: 09:59
Heat: 5/15 Lane : 2 Athlete: DE WILDE LORE					Q-time: 02:50:98
PB (50m pool): 2:50.98 Antwerpen 14 Jul 2024					PB (25m pool): 2:40.34 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	37.15	1:20.24	2:06.25	2:50.98	
	37.15	43.09	46.01	44.73	
	

Coach feedback:

Event number: 45: 200M BREASTSTROKE MEN 13-14					Heat:2, starttime: 10:37
Heat: 2/8 Lane : 8 Athlete: BOSSUYT LIAS					Q-time: 03:44:83
PB (50m pool): 4:35.33 Rozebroeken 5 May 2024					PB (25m pool): 3:44.83 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	1:04.14	2:14.98	3:26.56	4:35.33	
	1:04.14	1:10.84	1:11.58	1:08.77	
	

Coach feedback:

Event number: 45: 200M BREASTSTROKE MEN 13-14					Heat:6, starttime: 10:53
Heat: 6/8 Lane : 3 Athlete: PEETERS KOBE					Q-time: 03:11:45
PB (50m pool): 3:38.07 Rozebroeken 5 May 2024					PB (25m pool): 3:11.45 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	49.46	1:45.42	2:43.05	3:38.07	
	49.46	55.96	57.63	55.02	
	

Coach feedback:

Event number: 46: 50M BACKSTROKE MEN 15+					Heat:8, starttime: 11:11
Heat: 8/12 Lane : 2 Athlete: VERHERSTRAETEN KOBE					Q-time: 00:33:86
PB (50m pool): 45.67 Molenbeek 30 Jan 2022					PB (25m pool): 33.86 SB: no time
	5 0 M				
PB	45.67				
	45.67				
				

Coach feedback:

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Event number: 47: 100M BACKSTROKE WOMEN 13-14			Heat:10, starttime: 11:34
Heat: 10/14 Lane : 2 Athlete: MOSCHONAS DANAé			Q-time: 01:22:96
PB (50m pool): 1:24.66 Antwerp 1 Feb 2025			PB (25m pool): 1:22.96 SB: 01:24.66 Antwerp 02/02/2025
	5 0 M	1 0 0 M	
PB	40.78	1:24.66	
	40.78	43.88	
	

Coach feedback:

Event number: 47: 100M BACKSTROKE WOMEN 13-14			Heat:11, starttime: 11:36
Heat: 11/14 Lane : 2 Athlete: DE WILDE LORE			Q-time: 01:21:47
PB (50m pool): 1:21.47 Oostende 30 May 2025			PB (25m pool): 1:22.16 SB: 01:21.47 Zwembad Brigitte Becue 30/05/2025
	5 0 M	1 0 0 M	
PB	40.42	1:21.47	
	40.42	41.05	
	

Coach feedback: