

vjk korte baan25: Session: 1: COACH evaluation sheet for TEAM: UZKZ

Coachinfo: Warming up from: untill 09:15. Teamleadmeeting @ Relay line-up input: The listed starttimes are indicative!

Coaches: Spincemaille Luna

Coaches: Vanden Abeele Syl

Coaches: Demeyere Kristof

Coaches: Vancamelbeke Pieter HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M BACKSTROKE MEN 11-12 **Heat:3, starttime: 09:35**

Heat: 3/17 Lane : 3 Athlete: SANDRA TUUR **Q-time: 01:31:94**

PB (25m pool): 01:31.94 Diksmuide 12/10/2025 **PB (50m pool): 01:34.98 SB: 01:31.94 Diksmuide 12/10/2025**

	25 M	50 M	75 M	100 M	
PB		00:45.21		01:31.94	
	00:45.21		00:46.73		
	

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11-12 **Heat:4, starttime: 09:38**

Heat: 4/17 Lane : 3 Athlete: HEYLIGEN FELL **Q-time: 01:28:98**

PB (25m pool): 01:28.98 WAREGEM 21/04/2025 **PB (50m pool): 01:32.09 SB: 01:32.75 Diksmuide 12/10/2025**

	25 M	50 M	75 M	100 M	
PB		00:43.14		01:28.98	
	00:43.14		00:45.84		
	

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11-12 **Heat:4, starttime: 09:38**

Heat: 4/17 Lane : 6 Athlete: WINDELS JACK **Q-time: 01:29:04**

PB (25m pool): 01:29.04 Diksmuide 12/10/2025 **PB (50m pool): 01:39.16 SB: 01:29.04 Diksmuide 12/10/2025**

	25 M	50 M	75 M	100 M	
PB		00:42.23		01:29.04	
	00:42.23		00:46.81		
	

Coach feedback:

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Event number: 1: 100M BACKSTROKE MEN 11-12				Heat:7, starttime: 09:45	
Heat: 7/17 Lane : 7 Athlete: DE BAERE ARNAUD				Q-time: 01:26:39	
PB (25m pool): 01:29.23 LAGO Zwevegem 09/06/2025			PB (50m pool): 01:26.39 SB: 01:30.37 Diksmuide 12/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:43.97		01:29.23	
	00:43.97		00:45.26		
	

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11-12				Heat:9, starttime: 09:50	
Heat: 9/17 Lane : 4 Athlete: MOENENS MATTEO				Q-time: 01:23:95	
PB (25m pool): 01:23.95 Diksmuide 12/10/2025			PB (50m pool): 01:26.96 SB: 01:23.95 Diksmuide 12/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:41.34		01:23.95	
	00:41.34		00:42.61		
	

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11-12				Heat:9, starttime: 09:50	
Heat: 9/17 Lane : 8 Athlete: ROIJERS REMI				Q-time: 01:24:92	
PB (25m pool): 01:25.73 Zwevegem 11/05/2025			PB (50m pool): 01:24.92 SB: 01:25.78 Diksmuide 12/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:41.31		01:25.73	
	00:41.31		00:44.42		
	

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11-12				Heat:11, starttime: 09:55	
Heat: 11/17 Lane : 3 Athlete: BOHIJN MILO				Q-time: 01:22:14	
PB (25m pool): 01:22.14 Diksmuide 12/10/2025			PB (50m pool): 01:25.16 SB: 01:22.14 Diksmuide 12/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:39.84		01:22.14	
	00:39.84		00:42.30		
	

Coach feedback:

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Event number: 2: 100M FREESTYLE WOMEN 11-12				Heat:4, starttime: 10:17	
Heat: 4/15 Lane : 2 Athlete: DHUYVETTER EM				Q-time: 01:17:34	
PB (25m pool): 01:17.34 Diksmuide 12/10/2025			PB (50m pool): 01:21.93 SB: 01:17.34 Diksmuide 12/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:36.98		01:17.34	
	00:36.98		00:40.36		
	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11-12				Heat:4, starttime: 10:17	
Heat: 4/15 Lane : 3 Athlete: VANCAMELBEKE LOTTE				Q-time: 01:17:23	
PB (25m pool): 01:17.23 Diksmuide 12/10/2025			PB (50m pool): 01:19.95 SB: 01:17.23 Diksmuide 12/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:37.37		01:17.23	
	00:37.37		00:39.86		
	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11-12				Heat:5, starttime: 10:19	
Heat: 5/15 Lane : 4 Athlete: POPPE CÉLESTE				Q-time: 01:15:83	
PB (25m pool): 01:16.35 Diksmuide 12/10/2025			PB (50m pool): 01:15.83 SB: 01:16.35 Diksmuide 12/10/2025		
	25 M	50 M	75 M	100 M	
PB		no time		01:16.35	
	no time				
	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11-12				Heat:5, starttime: 10:19	
Heat: 5/15 Lane : 5 Athlete: TUYTENS LAURE				Q-time: 01:16:14	
PB (25m pool): 01:16.14 Zwevegem 11/05/2025			PB (50m pool): 01:17.10 SB: no time		
	25 M	50 M	75 M	100 M	
PB		00:36.27		01:16.14	
	00:36.27		00:39.87		
	

Coach feedback:

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Event number: 3: 100M BREASTSTROKE MEN 11-12				Heat:3, starttime: 10:42	
Heat: 3/17 Lane : 4 Athlete: ROIJERS REMI				Q-time: 01:46:18	
PB (25m pool): 01:46.18 WAREGEM 21/04/2025			PB (50m pool): 01:48.37 SB: no time		
	25 M	50 M	75 M	100 M	
PB		00:49.19		01:46.18	
	00:49.19		00:56.99		
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11-12				Heat:4, starttime: 10:45	
Heat: 4/17 Lane : 1 Athlete: WINDELS JACK				Q-time: 01:45:89	
PB (25m pool): 01:45.89 Diksmuide 12/10/2025			PB (50m pool): 01:52.35 SB: 01:45.89 Diksmuide 12/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:48.94		01:45.89	
	00:48.94		00:56.95		
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11-12				Heat:4, starttime: 10:45	
Heat: 4/17 Lane : 4 Athlete: DE BAERE ARNAUD				Q-time: 01:43:87	
PB (25m pool): 01:46.77 Diksmuide 09/03/2025			PB (50m pool): 01:43.87 SB: no time		
	25 M	50 M	75 M	100 M	
PB		00:51.07		01:46.77	
	00:51.07		00:55.70		
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11-12				Heat:5, starttime: 10:47	
Heat: 5/17 Lane : 4 Athlete: SANDRA TUUR				Q-time: 01:42:31	
PB (25m pool): 01:42.31 Diksmuide 29/12/2024			PB (50m pool): 01:46.76 SB: 01:45.50 Diksmuide 12/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:48.53		01:42.31	
	00:48.53		00:53.78		
	

Coach feedback:

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Event number: 3: 100M BREASTSTROKE MEN 11-12				Heat:10, starttime: 10:58	
Heat: 10/17 Lane : 6 Athlete: MOENENS MATTEO				Q-time: 01:35:39	
PB (25m pool): 01:37.36 LAGO Zwevegem 09/06/2025			PB (50m pool): 01:35.39 SB: no time		
	25 M	50 M	75 M	100 M	
PB		00:46.73		01:37.36	
	00:46.73		00:50.63		
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11-12				Heat:12, starttime: 11:02	
Heat: 12/17 Lane : 2 Athlete: HEYLIGEN FELL				Q-time: 01:33:49	
PB (25m pool): 01:33.49 Diksmuide 12/10/2025			PB (50m pool): 01:37.59 SB: 01:33.49 Diksmuide 12/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:44.30		01:33.49	
	00:44.30		00:49.19		
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11-12				Heat:15, starttime: 11:08	
Heat: 15/17 Lane : 8 Athlete: BOHIJN MILO				Q-time: 01:29:53	
PB (25m pool): 01:29.53 Diksmuide 12/10/2025			PB (50m pool): 01:34.22 SB: 01:29.53 Diksmuide 12/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:42.44		01:29.53	
	00:42.44		00:47.09		
	

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11-12				Heat:2, starttime: 11:17	
Heat: 2/15 Lane : 3 Athlete: POPPE CÉLESTE				Q-time: 01:31:59	
PB (25m pool): 01:31.59 Veurne 19/10/2025			PB (50m pool): no time SB: 01:31.59 Veurne 19/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:47.00		01:31.59	
	00:47.00		00:44.59		
	

Coach feedback:

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Event number: 4: 100M BACKSTROKE WOMEN 11-12				Heat:2, starttime: 11:17	
Heat: 2/15 Lane : 7 Athlete: DHUYVETTER EM				Q-time: 01:32:31	
PB (25m pool): 01:32.31 Veurne 19/10/2025			PB (50m pool): 01:33.78 SB: 01:32.31 Veurne 19/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:45.28		01:32.31	
	00:45.28		00:47.03		
	

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11-12				Heat:4, starttime: 11:22	
Heat: 4/15 Lane : 1 Athlete: VANCAMELBEKE LOTTE				Q-time: 01:30:20	
PB (25m pool): 01:30.20 Diksmuide 12/10/2025			PB (50m pool): 01:34.77 SB: 01:30.20 Diksmuide 12/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:44.75		01:30.20	
	00:44.75		00:45.45		
	

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11-12				Heat:7, starttime: 11:30	
Heat: 7/15 Lane : 3 Athlete: TUYTENS LAURE				Q-time: 01:25:47	
PB (25m pool): 01:25.47 Veurne 19/10/2025			PB (50m pool): 01:27.22 SB: 01:25.47 Veurne 19/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:42.12		01:25.47	
	00:42.12		00:43.35		
	

Coach feedback: