GP MOL 26: Session: 1: COACH evaluation sheet for TEAM: DDAT

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

Coaches: Alaerts Macheld HEADCOACH

Coaches: Claes Steven

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

Event number: 1: 100M BACKSTROKE MIXED 10-9 — Heat:2, starttime: 09:00

Heat: 2/3 Lane : 2 Athlete: VAN LAER MILLA — **Q-time: 99:99:99**

PB (50m pool): no time **PB (25m pool):** 01:46.08 **SB:** no time

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

Coach feedback:

Event number: 1: 100M BACKSTROKE MIXED 10-9 — Heat:3, starttime: 09:05

Heat: 3/3 Lane : 3 Athlete: VAN DE GUCHT TIBO — **Q-time: 01:41:30**

PB (50m pool): 01:41.30 Gent 08/02/2026 **PB (25m pool):** 01:37.63 **SB:** 01:41.30 Gent 08/02/2026

	50M	100M
PB	00:48.14	01:41.30
	00:48.14	*00:53.16*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+ — Heat:5, starttime: 09:20

Heat: 5/16 Lane : 1 Athlete: VERMEIR JOSEFIEN — **Q-time: 01:38:13**

PB (50m pool): 01:38.13 Zwembad Brigitte Becue 26/04/2026 **PB (25m pool):** 01:43.71 **SB:** 01:38.13 Zwembad Brigitte Becue 26/04/2026

	50M	100M
PB	00:45.25	01:38.13
	00:45.25	*00:52.88*
	. . : . . : . .	. . : . . : . .

Coach feedback:

GP MOL 26: Session: 1: COACH evaluation sheet for TEAM: DDAT

Event number: 2: 100M BUTTERFLY WOMEN 11+ — **Heat:7, starttime: 09:20**

Heat: 7/16 Lane : 3 Athlete: NSUBUGA SOFIA — **Q-time: 01:29:78**

PB (50m pool): 01:29.78 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:29.44 **SB:** 01:29.78 Zwembad Brigitte Becue 26/04/2026

	50M	100M	
PB	00:40.35	01:29.78	
	00:40.35	*00:49.43*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+ — **Heat:8, starttime: 09:25**

Heat: 8/16 Lane : 5 Athlete: VERMOESEN ESTéE — **Q-time: 01:25:49**

PB (50m pool): 01:25.49 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:23.15 **SB:** 01:25.49 Zwembad Brigitte Becue 26/04/2026

	50M	100M	
PB	00:39.01	01:25.49	
	00:39.01	*00:46.48*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+ — **Heat:10, starttime: 09:30**

Heat: 10/16 Lane : 6 Athlete: DE PRATER JUNO — **Q-time: 01:21:54**

PB (50m pool): 01:21.54 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:17.83 **SB:** 01:21.54 Zwembad Brigitte Becue 26/04/2026

	50M	100M	
PB	00:36.77	01:21.54	
	00:36.77	*00:44.77*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+ — **Heat:14, starttime: 09:35**

Heat: 14/16 Lane : 4 Athlete: CIOBANU ANASTASIA — **Q-time: 01:04:90**

PB (50m pool): 01:04.90 Antwerpen 22/03/2026 PB (25m pool): 01:03.52 **SB:** 01:04.90 Antwerpen 22/03/2026

	50M	100M	
PB	00:31.04	01:04.90	
	00:31.04	*00:33.86*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

GP MOL 26: Session: 1: COACH evaluation sheet for TEAM: DDAT

Event number: 3: 100M BUTTERFLY MEN 11+ — **Heat:2, starttime: 09:45**

Heat: 2/15 Lane : 1 Athlete: JACQUEMYNS LEWIS — **Q-time: 01:55:16**

PB (50m pool): 01:55.16 Antwerpen 13/07/2025 **PB (25m pool):** 01:55.55 **SB:** no time

	50M	100M
PB	00:51.79	01:55.16
	00:51.79	*01:03.37*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+ — **Heat:2, starttime: 09:45**

Heat: 2/15 Lane : 3 Athlete: VANDEPITTE KYAN — **Q-time: 01:42:24**

PB (50m pool): 01:42.24 Zwembad Brigitte Becue 26/04/2026 **PB (25m pool):** 01:49.42 **SB:** 01:42.24 Zwembad Brigitte Becue 26/04/2026

	50M	100M
PB	00:47.39	01:42.24
	00:47.39	*00:54.85*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+ — **Heat:2, starttime: 09:45**

Heat: 2/15 Lane : 4 Athlete: CLAES TIEBE — **Q-time: 01:41:65**

PB (50m pool): 01:41.65 Zwembad Brigitte Becue 26/04/2026 **PB (25m pool):** 01:32.46 **SB:** 01:41.65 Zwembad Brigitte Becue 26/04/2026

	50M	100M
PB	00:46.24	01:41.65
	00:46.24	*00:55.41*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+ — **Heat:6, starttime: 09:50**

Heat: 6/15 Lane : 8 Athlete: DE MESMAEKER LOANN — **Q-time: 01:27:04**

PB (50m pool): 01:27.04 Antwerpen 15/03/2026 **PB (25m pool):** 01:27.99 **SB:** 01:27.04 Antwerpen 15/03/2026

	50M	100M
PB	00:39.31	01:27.04
	00:39.31	*00:47.73*
	. . : . . : . .	. . : . . : . .

Coach feedback:

GP MOL 26: Session: 1: COACH evaluation sheet for TEAM: DDAT

Event number: 3: 100M BUTTERFLY MEN 11+ — **Heat:10, starttime: 10:00**

Heat: 10/15 Lane : 7 Athlete: JACQUEMYNS KOBE — **Q-time: 01:11:67**

PB (50m pool): 01:11.67 Antwerpen 08/03/2026 **PB (25m pool):** 01:15.50 **SB:** 01:11.67 Antwerpen 08/03/2026

	50M	100M	
PB	00:33.70	01:11.67	
	00:33.70	*00:37.97*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+ — **Heat:13, starttime: 10:05**

Heat: 13/15 Lane : 5 Athlete: SEGHERS MICHIEL — **Q-time: 00:59:87**

PB (50m pool): 00:59.08 Antwerpen 28/07/2024 **PB (25m pool):** 00:58.08 **SB:** 01:00.11 Zwembad Brigitte Becue 26/04/2026

	50M	100M	
PB	no time	00:59.08	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — **Heat:9, starttime: 10:25**

Heat: 9/24 Lane : 8 Athlete: VERMEIR JOSEFIEN — **Q-time: 01:16:20**

PB (50m pool): 01:16.20 Zwembad Brigitte Becue 26/04/2026 **PB (25m pool):** 01:22.99 **SB:** 01:16.20 Zwembad Brigitte Becue 26/04/2026

	50M	100M	
PB	00:35.68	01:16.20	
	00:35.68	*00:40.52*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — **Heat:12, starttime: 10:30**

Heat: 12/24 Lane : 4 Athlete: VERMOESEN ESTéE — **Q-time: 01:12:54**

PB (50m pool): 01:12.54 Antwerpen 15/03/2026 **PB (25m pool):** 01:11.31 **SB:** 01:12.54 Antwerpen 15/03/2026

	50M	100M	
PB	00:34.40	01:12.54	
	00:34.40	*00:38.14*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

GP MOL 26: Session: 1: COACH evaluation sheet for TEAM: DDAT

Event number: 4: 100M FREESTYLE WOMEN 11+ — **Heat:15, starttime: 10:35**

Heat: 15/24 Lane : 6 Athlete: DE PRATER JUNO — **Q-time: 01:09:16**

PB (50m pool): 01:09.16 Zwembad Brigitte Becue 26/04/2026 **PB (25m pool):** 01:07.54 **SB:** 01:09.16 Zwembad Brigitte Becue 26/04/2026

	50M	100M	
PB	00:32.82	01:09.16	
	00:32.82	*00:36.34*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — **Heat:20, starttime: 10:45**

Heat: 20/24 Lane : 6 Athlete: TRIOEN JOKE — **Q-time: 01:05:37**

PB (50m pool): 01:05.37 Lago Gent Rozebroeken 04/05/2025 **PB (25m pool):** 01:04.59 **SB:** 01:06.40 Antwerpen 15/03/2026

	50M	100M	
PB	00:31.58	01:05.37	
	00:31.58	*00:33.79*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — **Heat:21, starttime: 10:45**

Heat: 21/24 Lane : 8 Athlete: NSUBUGA SOFIA — **Q-time: 01:04:88**

PB (50m pool): 01:04.88 Antwerpen 19/04/2026 **PB (25m pool):** 01:05.01 **SB:** 01:04.88 Antwerpen 19/04/2026

	50M	100M	
PB	00:31.41	01:04.88	
	00:31.41	*00:33.47*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — **Heat:24, starttime: 10:50**

Heat: 24/24 Lane : 5 Athlete: CIOBANU ANASTASIA — **Q-time: 01:00:70**

PB (50m pool): 01:00.70 Molenbeek 01/02/2026 **PB (25m pool):** 00:58.71 **SB:** 01:00.70 Molenbeek 01/02/2026

	50M	100M	
PB	no time	01:00.70	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

GP MOL 26: Session: 1: COACH evaluation sheet for TEAM: DDAT

Event number: 5: 100M FREESTYLE MEN 11+ — **Heat:3, starttime: 10:55**

Heat: 3/23 Lane : 5 Athlete: JACQUEMYNS LEWIS — **Q-time: 01:27:29**

PB (50m pool): 01:27.29 Lago Gent Rozebroeken 03/05/2026 **PB (25m pool):** 01:26.95 **SB:** 01:27.29 Lago Gent Rozebroeken 03/05/2026

	50 M	100 M	
PB	00:41.43	01:27.29	
	00:41.43	*00:45.86*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ — **Heat:8, starttime: 11:05**

Heat: 8/23 Lane : 1 Athlete: VANDEPITTE KYAN — **Q-time: 01:13:37**

PB (50m pool): 01:13.37 Zwembad Brigitte Becue 26/04/2026 **PB (25m pool):** 01:14.06 **SB:** 01:13.37 Zwembad Brigitte Becue 26/04/2026

	50 M	100 M	
PB	00:35.09	01:13.37	
	00:35.09	*00:38.28*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ — **Heat:8, starttime: 11:05**

Heat: 8/23 Lane : 8 Athlete: CLAES TIEBE — **Q-time: 01:13:66**

PB (50m pool): 01:13.66 Lago Gent Rozebroeken 03/05/2026 **PB (25m pool):** 01:14.90 **SB:** 01:13.66 Lago Gent Rozebroeken 03/05/2026

	50 M	100 M	
PB	00:35.53	01:13.66	
	00:35.53	*00:38.13*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ — **Heat:9, starttime: 11:10**

Heat: 9/23 Lane : 8 Athlete: DE MESMAEKER LOANN — **Q-time: 01:12:47**

PB (50m pool): 01:13.00 Lago Gent Rozebroeken 03/05/2026 **PB (25m pool):** 01:10.77 **SB:** 01:13.00 Lago Gent Rozebroeken 03/05/2026

	50 M	100 M	
PB	00:35.14	01:13.00	
	00:35.14	*00:37.86*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

GP MOL 26: Session: 1: COACH evaluation sheet for TEAM: DDAT

Event number: 5: 100M FREESTYLE MEN 11+ — **Heat:10, starttime: 11:10**

Heat: 10/23 Lane : 8 Athlete: CLAES ELIAN — **Q-time: 01:09:93**

PB (50m pool): 01:09.93 Zwembad Brigitte Becue 26/04/2026 **PB (25m pool):** 01:09.62 **SB:** 01:09.93 Zwembad Brigitte Becue 26/04/2026

	50M	100M
PB	00:33.51	01:09.93
	00:33.51	*00:36.42*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ — **Heat:14, starttime: 11:15**

Heat: 14/23 Lane : 7 Athlete: JACQUEMYNS KOBE — **Q-time: 01:05:55**

PB (50m pool): 01:05.55 Zwembad Brigitte Becue 26/04/2026 **PB (25m pool):** 01:04.64 **SB:** 01:05.55 Zwembad Brigitte Becue 26/04/2026

	50M	100M
PB	00:31.67	01:05.55
	00:31.67	*00:33.88*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ — **Heat:21, starttime: 11:25**

Heat: 21/23 Lane : 2 Athlete: SEGHERS MICHIEL — **Q-time: 00:56:03**

PB (50m pool): 00:56.03 Antwerpen 27/07/2025 **PB (25m pool):** 00:54.25 **SB:** 00:56.42 Molenbeek 01/02/2026

	50M	100M
PB	00:27.30	00:56.03
	00:27.30	*00:28.73*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 6: 200M FREESTYLE MIXED 10-9 — **Heat:2, starttime: 11:35**

Heat: 2/3 Lane : 5 Athlete: VAN LAER MILLA — **Q-time: 03:45:10**

PB (50m pool): no time **PB (25m pool):** 03:45.10 **SB:** no time

	50M	100M	150M	200M
PB	no time	no time	no time	no time
	no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

GP MOL 26: Session: 1: COACH evaluation sheet for TEAM: DDAT

Event number: 6: 200M FREESTYLE MIXED 10-9 — Heat:3, starttime: 11:40

Heat: 3/3 Lane : 4 Athlete: VAN DE GUCHT TIBO — **Q-time: 03:05:45**

PB (50m pool): no time **PB (25m pool):** 03:05.45 **SB:** no time

	50M	100M	150M	200M	
PB	no time	no time	no time	no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 400M MEDLEY WOMEN 11+ — Heat:4, starttime: 12:20

Heat: 4/4 Lane : 8 Athlete: TRIOEN JOKE — **Q-time: 05:36:71**

PB (50m pool): 05:36.71 Lago Gent Rozebroeken 04/05/2025 **PB (25m pool):** 05:27.87 **SB:** 05:40.33 Lago Gent Rozebroeken 03/05/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:35.41	01:18.59	02:03.44	02:47.67	03:33.70	04:20.81	04:59.57	05:36.71
	00:35.41	*00:43.18*	*00:44.85*	*00:44.23*	*00:46.03*	*00:47.11*	*00:38.76*	*00:37.14*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 400M MEDLEY MEN 11+ — Heat:2, starttime: 12:30

Heat: 2/4 Lane : 5 Athlete: CLAES ELIAN — **Q-time: 05:57:16**

PB (50m pool): 05:57.16 Antwerpen 19/04/2026 **PB (25m pool):** 05:41.24 **SB:** 05:57.16 Antwerpen 19/04/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:41.40	01:34.05	02:19.77	03:04.42	03:50.38	04:36.78	05:17.92	05:57.16
	00:41.40	*00:52.65*	*00:45.72*	*00:44.65*	*00:45.96*	*00:46.40*	*00:41.14*	*00:39.24*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: