

GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: DDAT

Coachinfo: Warming up from: 13:00 until 13:50. 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: 9: 100M BREASTSTROKE MIXED 10-9 **Heat:2, starttime: 14:05**

Heat: 2/3 Lane : 5 Athlete: VAN LAER MILLA **Q-time: 01:58:30**

PB (50m pool): no time **PB (25m pool): 01:50.68 SB: no time**

	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 9: 100M BREASTSTROKE MIXED 10-9 **Heat:3, starttime: 14:05**

Heat: 3/3 Lane : 3 Athlete: VAN DE GUCHT TIBO **Q-time: 01:49:04**

PB (50m pool): 01:49.04 Zwembad Brigitte Becue 26/04/2026 **PB (25m pool): 01:42.95 SB: 01:49.04 Zwembad Brigitte Becue 26/04/2026**

	50 M	100 M	
PB	00:52.01	01:49.04	
	<i>00:52.01</i>	<i>00:57.03</i>	
	

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+ **Heat:16, starttime: 14:40**

Heat: 16/20 Lane : 3 Athlete: NSUBUGA SOFIA **Q-time: 01:25:22**

PB (50m pool): 01:25.22 Antwerpen 20/07/2025 **PB (25m pool): 01:21.74 SB: 01:25.34 Antwerpen 15/03/2026**

	50 M	100 M	
PB	00:39.60	01:25.22	
	<i>00:39.60</i>	<i>00:45.62</i>	
	

Coach feedback:

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Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:17, starttime: 14:45	
Heat: 17/20 Lane : 8 Athlete: DE PRATER JUNO		Q-time: 01:24:98	
PB (50m pool): 01:24.98 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 01:23.78 SB: 01:24.98 Zwembad Brigitte Becue 26/04/2026	
	5 0 M	1 0 0 M	
PB	00:39.53	01:24.98	
	<i>00:39.53</i>	<i>00:45.45</i>	
	

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:19, starttime: 14:50	
Heat: 19/20 Lane : 7 Athlete: CIOBANU ANASTASIA		Q-time: 01:22:14	
PB (50m pool): 01:22.14 Molenbeek 01/02/2026		PB (25m pool): 01:19.00 SB: 01:22.14 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M	
PB	no time	01:22.14	
	<i>no time</i>		
	

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:20, starttime: 14:50	
Heat: 20/20 Lane : 8 Athlete: TRIOEN JOKE		Q-time: 01:23:35	
PB (50m pool): 01:23.35 Antwerpen 13/07/2025		PB (25m pool): 01:20.94 SB: 01:25.74 Antwerpen 17/05/2026	
	5 0 M	1 0 0 M	
PB	00:39.37	01:23.35	
	<i>00:39.37</i>	<i>00:43.98</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:3, starttime: 14:55	
Heat: 3/19 Lane : 3 Athlete: JACQUEMYS LEWIS		Q-time: 01:55:44	
PB (50m pool): 01:55.44 Mol 22/06/2025		PB (25m pool): 01:54.54 SB: no time	
	5 0 M	1 0 0 M	
PB	00:54.83	01:55.44	
	<i>00:54.83</i>	<i>01:00.61</i>	
	

Coach feedback:

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Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:5, starttime: 15:00	
Heat: 5/19 Lane : 4 Athlete: CLAES TIEBE		Q-time: 01:43:59	
PB (50m pool): 01:43.59 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:39.81 SB: 01:43.59 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:50.39	01:43.59	
	<i>00:50.39</i>	<i>00:53.20</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:7, starttime: 15:05	
Heat: 7/19 Lane : 6 Athlete: VANDEPITTE KYAN		Q-time: 01:38:83	
PB (50m pool): 01:38.83 Antwerpen 15/03/2026		PB (25m pool): 01:36.82 SB: 01:38.83 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:47.31	01:38.83	
	<i>00:47.31</i>	<i>00:51.52</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:10, starttime: 15:15	
Heat: 10/19 Lane : 7 Athlete: JACQUEMYS KOBÉ		Q-time: 01:31:08	
PB (50m pool): 01:31.08 Gent 08/02/2026		PB (25m pool): 01:27.42 SB: 01:31.08 Gent 08/02/2026	
	5 0 M	1 0 0 M	
PB	00:42.88	01:31.08	
	<i>00:42.88</i>	<i>00:48.20</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:11, starttime: 15:15	
Heat: 11/19 Lane : 6 Athlete: DE MESMAEKER LOANN		Q-time: 01:27:71	
PB (50m pool): 01:31.30 Antwerpen 15/03/2026		PB (25m pool): 01:27.71 SB: 01:31.30 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:42.70	01:31.30	
	<i>00:42.70</i>	<i>00:48.60</i>	
	

Coach feedback:

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Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:13, starttime: 15:20	
Heat: 13/19 Lane : 4 Athlete: SEGHERS MICHIEL		Q-time: 01:21:83	
PB (50m pool): 01:21.83 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:15.31 SB: 01:21.83 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:37.99	01:21.83	
	<i>00:37.99</i>	<i>00:43.84</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:13, starttime: 15:20	
Heat: 13/19 Lane : 6 Athlete: CLAES ELIAN		Q-time: 01:22:33	
PB (50m pool): 01:22.33 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:20.74 SB: 01:22.33 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:39.04	01:22.33	
	<i>00:39.04</i>	<i>00:43.29</i>	
	

Coach feedback:

Event number: 12: 100M FREESTYLE MIXED 10-9		Heat:2, starttime: 15:35	
Heat: 2/3 Lane : 7 Athlete: VAN LAER MILLA		Q-time: 01:40:63	
PB (50m pool): no time PB (25m pool): 01:40.63 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 12: 100M FREESTYLE MIXED 10-9		Heat:3, starttime: 15:35	
Heat: 3/3 Lane : 7 Athlete: VAN DE GUCHT TIBO		Q-time: 01:23:52	
PB (50m pool): 01:23.52 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:24.80 SB: 01:23.52 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:40.00	01:23.52	
	<i>00:40.00</i>	<i>00:43.52</i>	
	

Coach feedback:

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Event number: 14: 400M FREESTYLE MEN 11+							Heat:1, starttime: 16:30	
Heat: 1/6 Lane : 5 Athlete: JACQUEMYNS LEWIS							Q-time: 06:29:10	
PB (50m pool): no time			PB (25m pool): 06:15.99 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							

Coach feedback:

Event number: 14: 400M FREESTYLE MEN 11+							Heat:2, starttime: 16:35	
Heat: 2/6 Lane : 3 Athlete: VANDEPITTE KYAN							Q-time: 05:46:49	
PB (50m pool): 05:46.49 Molenbeek 01/02/2026			PB (25m pool): 05:30.78 SB: 05:46.49 Molenbeek 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	01:19.31	no time	02:47.56	no time	no time	no time	05:46.49
	<i>no time</i>							

Coach feedback:

Event number: 14: 400M FREESTYLE MEN 11+							Heat:2, starttime: 16:35	
Heat: 2/6 Lane : 6 Athlete: CLAES TIEBE							Q-time: 05:50:89	
PB (50m pool): 05:50.89 Molenbeek 01/02/2026			PB (25m pool): 05:30.56 SB: 05:50.89 Molenbeek 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	01:23.11	no time	02:52.09	no time	no time	no time	05:50.89
	<i>no time</i>							

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+			Heat:10, starttime: 17:25					
Heat: 10/17 Lane : 5 Athlete: DE PRATER JUNO			Q-time: 01:19:30					
PB (50m pool): 01:19.30 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:16.31 SB: 01:19.30 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M						
PB	00:38.28	01:19.30						
	<i>00:38.28</i>	<i>00:41.02</i>						
						

Coach feedback:

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Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:10, starttime: 17:25	
Heat: 10/17 Lane : 8 Athlete: NSUBUGA SOFIA		Q-time: 01:21:42	
PB (50m pool): 01:21.42 Antwerpen 15/03/2026		PB (25m pool): 01:07.98 SB: 01:21.42 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:40.17	01:21.42	
	<i>00:40.17</i>	<i>00:41.25</i>	
	

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:14, starttime: 17:30	
Heat: 14/17 Lane : 3 Athlete: TRIOEN JOKE		Q-time: 01:14:16	
PB (50m pool): 01:14.16 Antwerpen 15/03/2026		PB (25m pool): 01:11.27 SB: 01:14.16 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:36.83	01:14.16	
	<i>00:36.83</i>	<i>00:37.33</i>	
	

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:16, starttime: 17:35	
Heat: 16/17 Lane : 5 Athlete: CIOBANU ANASTASIA		Q-time: 01:09:39	
PB (50m pool): 01:09.39 Antwerpen 17/05/2026		PB (25m pool): 01:05.88 SB: 01:09.39 Antwerpen 17/05/2026	
	5 0 M	1 0 0 M	
PB	00:33.11	01:09.39	
	<i>00:33.11</i>	<i>00:36.28</i>	
	

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:7, starttime: 17:55	
Heat: 7/15 Lane : 8 Athlete: CLAES ELIAN		Q-time: 01:21:77	
PB (50m pool): 01:21.77 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 01:19.08 SB: 01:21.77 Zwembad Brigitte Becue 26/04/2026	
	5 0 M	1 0 0 M	
PB	00:40.07	01:21.77	
	<i>00:40.07</i>	<i>00:41.70</i>	
	

Coach feedback:

GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: DDAT

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:9, starttime: 17:55	
Heat: 9/15 Lane : 3 Athlete: DE MESMAEKER LOANN		Q-time: 01:16:99	
PB (50m pool): 01:17.72 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:16.99 SB: 01:17.72 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:38.21	01:17.72	
	<i>00:38.21</i>	<i>00:39.51</i>	
	

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:10, starttime: 18:00	
Heat: 10/15 Lane : 6 Athlete: JACQUEMYNS KOBE		Q-time: 01:14:63	
PB (50m pool): 01:14.63 Antwerpen 08/03/2026		PB (25m pool): 01:13.74 SB: 01:14.63 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	
PB	00:36.12	01:14.63	
	<i>00:36.12</i>	<i>00:38.51</i>	
	

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:15, starttime: 18:05	
Heat: 15/15 Lane : 8 Athlete: SEGHERS MICHIEL		Q-time: 01:08:56	
PB (50m pool): 01:08.56 Aalst 20/12/2025		PB (25m pool): 01:03.03 SB: 01:08.56 Aalst 20/12/2025	
	5 0 M	1 0 0 M	
PB	00:32.99	01:08.56	
	<i>00:32.99</i>	<i>00:35.57</i>	
	

Coach feedback: