

GP Emmanuel VL: Session: 1: COACH evaluation sheet for TEAM: HOZT

Coachinfo: Warming up from: 13:30 untill 14:20. Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Pingnet Olivier HEADCOACH

PB => Personal Best time

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

Event number: 1: 50M BUTTERFLY WOMEN 11+

Heat:3, starttime: 14:35

Heat: 3/9 Lane : 7 Athlete: VAN DIJCK LOTTE

Q-time: 00:47:69

PB (50m pool): 00:55.81 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:47.69 SB: no time

50 M	
PB	00:55.81
	00:55.81

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+

Heat:4, starttime: 14:35

Heat: 4/9 Lane : 6 Athlete: KENIS STERRE

Q-time: 00:42:45

PB (50m pool): 00:42.45 Antwerp 26/01/2025 PB (25m pool): 00:40.17 SB: no time

50 M	
PB	00:42.45
	00:42.45

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+

Heat:5, starttime: 14:35

Heat: 5/9 Lane : 1 Athlete: MELIS FEE

Q-time: 00:40:85

PB (50m pool): 00:40.85 Mol 22/06/2025 PB (25m pool): 00:38.13 SB: no time

50 M	
PB	00:40.85
	00:40.85

Coach feedback:

GP Emmanuel VL: Session: 1: COACH evaluation sheet for TEAM: HOZT

Event number: 1: 50M BUTTERFLY WOMEN 11+

Heat:7, starttime: 14:40

Heat: 7/9 Lane : 4 Athlete: MELIS VLINDER

Q-time: 00:33:36

PB (50m pool): 00:33.36 Wezenberg 05/01/2025

PB (25m pool): 00:31.99 SB: no time

50 M	
PB	00:33.36
	00:33.36

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+

Heat:8, starttime: 14:40

Heat: 8/9 Lane : 4 Athlete: DE LETTER SOFIE

Q-time: 00:32:34

PB (50m pool): 00:32.34 Antwerpen 27/07/2025

PB (25m pool): 00:32.04 SB: no time

50 M	
PB	00:32.34
	00:32.34

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+

Heat:9, starttime: 14:40

Heat: 9/9 Lane : 1 Athlete: VAN BOCKSTAL YOANNA

Q-time: 00:31:87

PB (50m pool): 00:31.87 Zwembad Brigitte Bucue 30/05/2025 PB (25m pool): 00:30.87 SB: no time

50 M	
PB	00:31.87
	00:31.87

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+

Heat:9, starttime: 14:40

Heat: 9/9 Lane : 4 Athlete: VAN DE CLOOT ELINA

Q-time: 00:28:17

PB (50m pool): 00:28.17 Zwembad Brigitte Bucue 30/05/2025 PB (25m pool): 00:27.73 SB: no time

50 M	
PB	00:28.17
	00:28.17

Coach feedback:

GP Emmanuel VL: Session: 1: COACH evaluation sheet for TEAM: HOZT

Event number: 1: 50M BUTTERFLY WOMEN 11+

Heat:9, starttime: 14:40

Heat: 9/9 Lane : 5 Athlete: WILLAERT AYLA

Q-time: 00:29:92

PB (50m pool): 00:29.92 Brugge 23/02/2025

PB (25m pool): 00:29.89 SB: no time

5 0 M	
PB	00:29.92
	00:29.92

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+

Heat:6, starttime: 14:50

Heat: 6/9 Lane : 8 Athlete: DOCHITA EDUARD

Q-time: 00:39:85

PB (50m pool): 00:39.93 Mol 22/06/2025

PB (25m pool): 00:36.37 SB: no time

5 0 M	
PB	00:39.93
	00:39.93

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+

Heat:7, starttime: 14:50

Heat: 7/9 Lane : 7 Athlete: KEUSTERMANS LARD

Q-time: 00:33:00

PB (50m pool): 00:33.00 Zwembad Brigitte Bucue 30/05/2025 PB (25m pool): 00:32.82 SB: no time

5 0 M	
PB	00:33.00
	00:33.00

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+

Heat:7, starttime: 14:50

Heat: 7/9 Lane : 8 Athlete: COUVREUR FRED

Q-time: 00:33:65

PB (50m pool): 00:33.65 Zwembad Brigitte Bucue 30/05/2025 PB (25m pool): 00:32.87 SB: no time

5 0 M	
PB	00:33.65
	00:33.65

Coach feedback:

GP Emmanuel VL: Session: 1: COACH evaluation sheet for TEAM: HOZT

Event number: 2: 50M BUTTERFLY MEN 11+

Heat:8, starttime: 14:50

Heat: 8/9 Lane : 6 Athlete: DE VALCK THIBAULT

Q-time: 00:30:44

PB (50m pool): 00:30.44 Zwembad Brigitte Bécue 30/05/2025 PB (25m pool): 00:29.28 SB: no time

50 M	
PB	00:30.44
	00:30.44

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+

Heat:3, starttime: 15:00

Heat: 3/9 Lane : 7 Athlete: VAN DIJCK LOTTE

Q-time: 00:47:71

PB (50m pool): 00:46.99 Zwembad Brigitte Bécue 30/05/2025 PB (25m pool): 00:43.79 SB: no time

50 M	
PB	00:46.99
	00:46.99

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+

Heat:4, starttime: 15:05

Heat: 4/9 Lane : 5 Athlete: KENIS STERRE

Q-time: 00:42:90

PB (50m pool): 00:43.18 Zwembad Brigitte Bécue 30/05/2025 PB (25m pool): 00:40.89 SB: no time

50 M	
PB	00:43.18
	00:43.18

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+

Heat:5, starttime: 15:05

Heat: 5/9 Lane : 6 Athlete: MELIS FEE

Q-time: 00:41:23

PB (50m pool): 00:41.23 Antwerpen 20/04/2025 PB (25m pool): 00:39.02 SB: no time

50 M	
PB	00:41.23
	00:41.23

Coach feedback:

GP Emmanuel VL: Session: 1: COACH evaluation sheet for TEAM: HOZT

Event number: 3: 50M BACKSTROKE WOMEN 11+

Heat:7, starttime: 15:05

Heat: 7/9 Lane : 5 Athlete: DE LETTER SOFIE

Q-time: 00:35:86

PB (50m pool): 00:35.86 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:34.83 SB: no time

5 0 M	
PB	00:35.86
	00:35.86

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+

Heat:8, starttime: 15:10

Heat: 8/9 Lane : 3 Athlete: VAN BOCKSTAL YOANNA

Q-time: 00:34:00

PB (50m pool): 00:34.00 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:32.52 SB: no time

5 0 M	
PB	00:34.00
	00:34.00

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+

Heat:9, starttime: 15:10

Heat: 9/9 Lane : 5 Athlete: VAN DE CLOOT ELINA

Q-time: 00:31:30

PB (50m pool): 00:31.30 Antwerp 09/02/2025 PB (25m pool): 00:30.32 SB: no time

5 0 M	
PB	00:31.30
	00:31.30

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+

Heat:9, starttime: 15:10

Heat: 9/9 Lane : 7 Athlete: WILLAERT AYLA

Q-time: 00:32:99

PB (50m pool): 00:32.05 Antwerp 21/01/2024 PB (25m pool): 00:31.46 SB: no time

5 0 M	
PB	00:32.05
	00:32.05

Coach feedback:

GP Emmanuel VL: Session: 1: COACH evaluation sheet for TEAM: HOZT

Event number: 3: 50M BACKSTROKE WOMEN 11+

Heat:9, starttime: 15:10

Heat: 9/9 Lane : 8 Athlete: MELIS VLINDER

Q-time: 00:33:58

PB (50m pool): 00:33.58 Zwembad Brigitte Bucue 30/05/2025 PB (25m pool): 00:31.94 SB: no time

5 0 M	
PB	00:33.58
	00:33.58

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 11+

Heat:5, starttime: 15:15

Heat: 5/9 Lane : 2 Athlete: DOCHITA EDUARD

Q-time: 00:41:38

PB (50m pool): 00:41.38 Mol 22/06/2025 PB (25m pool): 00:38.85 SB: no time

5 0 M	
PB	00:41.38
	00:41.38

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 11+

Heat:6, starttime: 15:20

Heat: 6/9 Lane : 3 Athlete: KEUSTERMANS LARD

Q-time: 00:35:64

PB (50m pool): 00:35.64 Zwembad Brigitte Bucue 30/05/2025 PB (25m pool): 00:34.04 SB: no time

5 0 M	
PB	00:35.64
	00:35.64

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 11+

Heat:6, starttime: 15:20

Heat: 6/9 Lane : 4 Athlete: COUVREUR FRED

Q-time: 00:35:30

PB (50m pool): 00:35.30 Zwembad Brigitte Bucue 30/05/2025 PB (25m pool): 00:33.63 SB: no time

5 0 M	
PB	00:35.30
	00:35.30

Coach feedback:

GP Emmanuel VL: Session: 1: COACH evaluation sheet for TEAM: HOZT

Event number: 4: 50M BACKSTROKE MEN 11+

Heat:9, starttime: 15:20

Heat: 9/9 Lane : 7 Athlete: DE VALCK THIBAULT

Q-time: 00:30:90

PB (50m pool): 00:26.95 Mol 26/06/2022

PB (25m pool): 00:29.09 SB: no time

50 M	
PB	00:26.95
	00:26.95

Coach feedback:

Event number: 5: 50M BREASTSTROKE WOMEN 11+

Heat:4, starttime: 15:35

Heat: 4/9 Lane : 1 Athlete: VAN DIJCK LOTTE

Q-time: 00:49:14

PB (50m pool): 00:49.14 Mol 22/06/2025

PB (25m pool): 00:45.76 SB: no time

50 M	
PB	00:49.14
	00:49.14

Coach feedback:

Event number: 5: 50M BREASTSTROKE WOMEN 11+

Heat:4, starttime: 15:35

Heat: 4/9 Lane : 2 Athlete: KENIS STERRE

Q-time: 00:48:34

PB (50m pool): 00:48.34 Mol 22/06/2025

PB (25m pool): 00:46.86 SB: no time

50 M	
PB	00:48.34
	00:48.34

Coach feedback:

Event number: 5: 50M BREASTSTROKE WOMEN 11+

Heat:5, starttime: 15:35

Heat: 5/9 Lane : 1 Athlete: MELIS FEE

Q-time: 00:45:15

PB (50m pool): 00:45.15 Mol 22/06/2025

PB (25m pool): 00:40.74 SB: no time

50 M	
PB	00:45.15
	00:45.15

Coach feedback:

GP Emmanuel VL: Session: 1: COACH evaluation sheet for TEAM: HOZT

Event number: 5: 50M BREASTSTROKE WOMEN 11+

Heat:7, starttime: 15:35

Heat: 7/9 Lane : 6 Athlete: VAN BOCKSTAL YOANNA

Q-time: 00:40:28

PB (50m pool): 00:40.28 Brugge 23/02/2025

PB (25m pool): 00:37.80 SB: no time

5 0 M	
PB	00:40.28
	00:40.28

Coach feedback:

Event number: 5: 50M BREASTSTROKE WOMEN 11+

Heat:8, starttime: 15:40

Heat: 8/9 Lane : 2 Athlete: MELIS VLINDER

Q-time: 00:38:50

PB (50m pool): 00:38.50 Antwerpen 20/04/2025

PB (25m pool): 00:36.53 SB: no time

5 0 M	
PB	00:38.50
	00:38.50

Coach feedback:

Event number: 5: 50M BREASTSTROKE WOMEN 11+

Heat:8, starttime: 15:40

Heat: 8/9 Lane : 4 Athlete: DE LETTER SOFIE

Q-time: 00:37:37

PB (50m pool): 00:37.37 Antwerpen 27/07/2025

PB (25m pool): 00:36.27 SB: no time

5 0 M	
PB	00:37.37
	00:37.37

Coach feedback:

Event number: 5: 50M BREASTSTROKE WOMEN 11+

Heat:9, starttime: 15:40

Heat: 9/9 Lane : 5 Athlete: WILLAERT AYLA

Q-time: 00:34:95

PB (50m pool): 00:34.56 Zwembad Brigitte Bocue Oostend 10/09/2020 25m pool): 00:33.96 SB: no time

5 0 M	
PB	00:34.56
	00:34.56

Coach feedback:

GP Emmanuel VL: Session: 1: COACH evaluation sheet for TEAM: HOZT

Event number: 5: 50M BREASTSTROKE WOMEN 11+

Heat:9, starttime: 15:40

Heat: 9/9 Lane : 6 Athlete: VAN DE CLOOT ELINA

Q-time: 00:35:33

PB (50m pool): 00:35.33 Zwembad Brigitte Bucue 30/05/2025 PB (25m pool): 00:33.85 SB: no time

5 0 M	
PB	00:35.33
	00:35.33

Coach feedback:

Event number: 6: 50M BREASTSTROKE MEN 11+

Heat:5, starttime: 15:45

Heat: 5/9 Lane : 5 Athlete: DOCHITA EDUARD

Q-time: 00:49:12

PB (50m pool): 00:49.12 Mol 22/06/2025 PB (25m pool): 00:43.49 SB: no time

5 0 M	
PB	00:49.12
	00:49.12

Coach feedback:

Event number: 6: 50M BREASTSTROKE MEN 11+

Heat:6, starttime: 15:50

Heat: 6/9 Lane : 3 Athlete: COUVREUR FRED

Q-time: 00:40:56

PB (50m pool): 00:41.20 Zwembad Brigitte Bucue 30/05/2025 PB (25m pool): 00:38.76 SB: no time

5 0 M	
PB	00:41.20
	00:41.20

Coach feedback:

Event number: 6: 50M BREASTSTROKE MEN 11+

Heat:7, starttime: 15:50

Heat: 7/9 Lane : 2 Athlete: KEUSTERMANS LARD

Q-time: 00:38:85

PB (50m pool): 00:39.61 Brugge 23/02/2025 PB (25m pool): 00:37.74 SB: no time

5 0 M	
PB	00:39.61
	00:39.61

Coach feedback:

GP Emmanuel VL: Session: 1: COACH evaluation sheet for TEAM: HOZT

Event number: 6: 50M BREASTSTROKE MEN 11+

Heat:9, starttime: 15:50

Heat: 9/9 Lane : 5 Athlete: DE VALCK THIBAULT

Q-time: 00:33:38

PB (50m pool): 00:33.38 Mol 22/06/2025

PB (25m pool): 00:32.30 SB: no time

50 M	
PB	00:33.38
	00:33.38

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+

Heat:2, starttime: 16:00

Heat: 2/9 Lane : 2 Athlete: VAN DIJCK LOTTE

Q-time: 00:43:06

PB (50m pool): 00:38.02 Charleroi 11/01/2026

PB (25m pool): 00:39.95 SB: 00:38.02 Charleroi 11/01/2026

50 M	
PB	00:38.02
	00:38.02

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+

Heat:4, starttime: 16:00

Heat: 4/9 Lane : 4 Athlete: MELIS FEE

Q-time: 00:34:98

PB (50m pool): 00:33.35 Charleroi 11/01/2026

PB (25m pool): 00:34.12 SB: 00:33.35 Charleroi 11/01/2026

50 M	
PB	00:33.35
	00:33.35

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+

Heat:4, starttime: 16:00

Heat: 4/9 Lane : 6 Athlete: KENIS STERRE

Q-time: 00:36:03

PB (50m pool): 00:36.03 Charleroi 12/01/2025

PB (25m pool): 00:36.46 SB: no time

50 M	
PB	00:36.03
	00:36.03

Coach feedback:

GP Emmanuel VL: Session: 1: COACH evaluation sheet for TEAM: HOZT

Event number: 7: 50M FREESTYLE WOMEN 11+

Heat:8, starttime: 16:05

Heat: 8/9 Lane : 1 Athlete: MELIS VLINDER

Q-time: 00:30:61

PB (50m pool): 00:30.61 Kortrijk 04/05/2025

PB (25m pool): 00:29.44 SB: no time

50 M	
PB	00:30.61
	00:30.61

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+

Heat:9, starttime: 16:05

Heat: 9/9 Lane : 1 Athlete: DE LETTER SOFIE

Q-time: 00:28:74

PB (50m pool): 00:28.74 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:29.01 SB: no time

50 M	
PB	00:28.74
	00:28.74

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+

Heat:9, starttime: 16:05

Heat: 9/9 Lane : 3 Athlete: WILLAERT AYLA

Q-time: 00:28:18

PB (50m pool): 00:27.36 Antwerpen 28/07/2024 PB (25m pool): 00:27.03 SB: no time

50 M	
PB	00:27.36
	00:27.36

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+

Heat:9, starttime: 16:05

Heat: 9/9 Lane : 4 Athlete: VAN DE CLOOT ELINA

Q-time: 00:27:29

PB (50m pool): 00:27.29 Antwerp 09/02/2025 PB (25m pool): 00:26.70 SB: no time

50 M	
PB	00:27.29
	00:27.29

Coach feedback:

GP Emmanuel VL: Session: 1: COACH evaluation sheet for TEAM: HOZT

Event number: 7: 50M FREESTYLE WOMEN 11+

Heat:9, starttime: 16:05

Heat: 9/9 Lane : 8 Athlete: VAN BOCKSTAL YOANNA

Q-time: 00:29:51

PB (50m pool): 00:29.51 Zwembad Brigitte Bucue 30/05/2025 PB (25m pool): 00:28.51 SB: no time

50 M	
PB	00:29.51
	00:29.51

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+

Heat:5, starttime: 16:15

Heat: 5/9 Lane : 1 Athlete: DOCHITA EDUARD

Q-time: 00:35:71

PB (50m pool): 00:35.71 Zwembad Brigitte Bucue 30/05/2025 PB (25m pool): 00:34.38 SB: no time

50 M	
PB	00:35.71
	00:35.71

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+

Heat:6, starttime: 16:15

Heat: 6/9 Lane : 2 Athlete: COUVREUR FRED

Q-time: 00:30:87

PB (50m pool): 00:30.87 Zwembad Brigitte Bucue 30/05/2025 PB (25m pool): 00:29.87 SB: no time

50 M	
PB	00:30.87
	00:30.87

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+

Heat:6, starttime: 16:15

Heat: 6/9 Lane : 3 Athlete: KEUSTERMANS LARD

Q-time: 00:29:63

PB (50m pool): 00:29.63 Brugge 23/02/2025 PB (25m pool): 00:29.69 SB: no time

50 M	
PB	00:29.63
	00:29.63

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+

Heat:9, startime: 16:15

Heat: 9/9 Lane : 6 Athlete: DE VALCK THIBAULT

Q-time: 00:26:83

PB (50m pool): 00:26.83 Zwembad Brigitte Bocue 30/05/2025 PB (25m pool): 00:25.63 SB: no time

50 M	
PB	00:26.83
	00:26.83

Coach feedback: