

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		
	5 0 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		
	5 0 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		
	5 0 M	
PB	00:40.85	
	00:40.85	
	

Coach feedback:

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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		
	5 0 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		
	5 0 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 Becue 30/05/2025 PB (25m pool): 00:30.87 SB: no time		
	5 0 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 Becue 30/05/2025 PB (25m pool): 00:27.73 SB: no time		
	5 0 M	
PB	00:28.17	
	00:28.17	
	

Coach feedback:

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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 Becue 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 Becue 30/05/2025 PB (25m pool): 00:32.87 SB: no time		
	5 0 M	
PB	00:33.65	
	00:33.65	
	

Coach feedback:

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Event number: 2: 50M BUTTERFLY MEN 11+		Heat:8, starttime: 14:50
Heat: 8/9 Lane : 6 Athlete: DE VALCK THIBAUT		Q-time: 00:30:44
PB (50m pool): 00:30.44 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:29.28 SB: no time		
	5 0 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 Becue 30/05/2025 PB (25m pool): 00:43.79 SB: no time		
	5 0 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 Becue 30/05/2025 PB (25m pool): 00:40.89 SB: no time		
	5 0 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		
	5 0 M	
PB	00:41.23	
	00:41.23	
	

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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	
	

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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 Becue 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 Becue 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 Becue 30/05/2025 PB (25m pool): 00:33.63 SB: no time		
	5 0 M	
PB	00:35.30	
	00:35.30	
	

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Event number: 4: 50M BACKSTROKE MEN 11+		Heat:9, starttime: 15:20
Heat: 9/9 Lane : 7 Athlete: DE VALCK THIBAUT		Q-time: 00:30:90
PB (50m pool): 00:26.95 Mol 26/06/2022		PB (25m pool): 00:29.09 SB: no time
	5 0 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
	5 0 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
	5 0 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
	5 0 M	
PB	00:45.15	
	00:45.15	
	

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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): 00:36.53SB: 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 Becue Oostend 10/05/2025 PB (25m pool): 00:33.96 SB: no time		
	5 0 M	
PB	00:34.56	
	00:34.56	
	

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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 Becue 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 Becue 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:

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Event number: 6: 50M BREASTSTROKE MEN 11+		Heat:9, starttime: 15:50
Heat: 9/9 Lane : 5 Athlete: DE VALCK THIBAUT		Q-time: 00:33:38
PB (50m pool): 00:33.38 Mol 22/06/2025 PB (25m pool): 00:32.30 SB: no time		
	5 0 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		
	5 0 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		
	5 0 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		
	5 0 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		
	5 0 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		
	5 0 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		
	5 0 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		
	5 0 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 Becue 30/05/2025 PB (25m pool): 00:28.51 SB: no time					
	5 0 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 Becue 30/05/2025 PB (25m pool): 00:34.38SB: no time					
	5 0 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 Becue 30/05/2025 PB (25m pool): 00:29.87 SB: no time					
	5 0 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): 00:29.69SB: no time					
	5 0 M				
PB	00:29.63				
	00:29.63				
				

Coach feedback:

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Event number: 8: 50M FREESTYLE MEN 11+		Heat:9, starttime: 16:15
Heat: 9/9 Lane : 6 Athlete: DE VALCK THIBAUT		Q-time: 00:26:83
PB (50m pool): 00:26.83 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:25.63 SB: no time		
	5 0 M	
PB	00:26.83	
	00:26.83	
	

Coach feedback: